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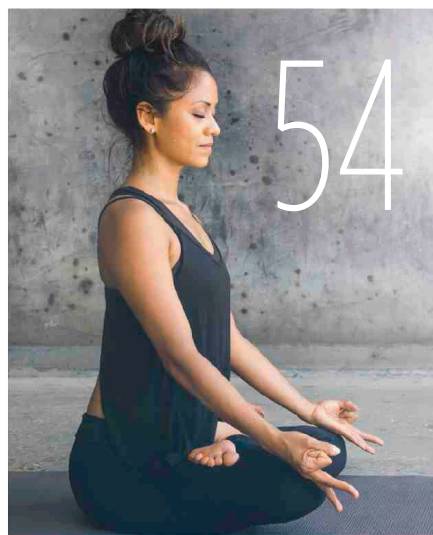
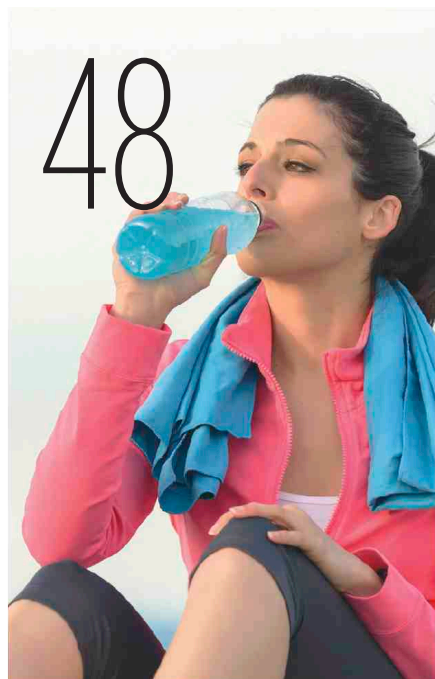


- 01. Nike Air Zoom Vomero 10 - QR: 101501 - £120
- 02. Nike Women's Free 5.0 - QR: 101538 - £100
- 03. Brooks Ghost 7 - QR: 88751 - £110
- 04. ASICS Women's Gel-Kayano 21 - QR: 105619 - £145
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- 06. ASICS Gel-Nimbus 17 - QR: 92603 - £135

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92 EVENTS LISTING
Find your perfect race

WELCOME



Thank you for your words of encouragement and positive feedback on our new look. And if you liked last month's **Running Fitness**, you'll love what we have to offer in this issue. From post-race recovery advice, to the second part of our walk to 5k training guide, we have something for everyone, including a great feature for

vegetarian/vegan runners.

We've long been advocates of mixing up your running with other forms of cross-training, and this month we're focusing on the multiple **benefits of yoga**. Not only can it help strengthen core and improve balance, it can also encourage you to breathe correctly and focus your mind. Don't believe me? Expert Siobhan Curtis explains why yoga isn't a fad in our feature on page 55.

Our events section is brimming full of race previews, including a travel piece on the **Denmark Thy Trail**, our top five running festival weekends, the glowing Electric Run and an epic race on Ben Nevis. We hope you'll be inspired to take part in a running event, and if you do, we'd love to hear from you. Share your race stories, pictures and achievements on Facebook and Twitter, and you might even appear in our next letters page.

NATASHA SHIELS, EDITOR

 **LOG ON TO** www.runningfitnessmag.com for more news and insightful content, blogs and our favourite articles

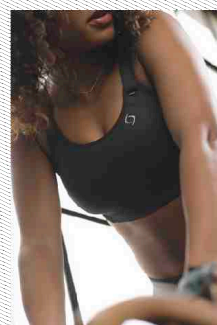
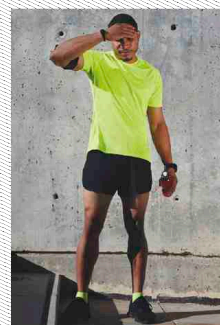


**SEE PAGE 90
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3 THINGS YOU NEED TO KNOW THIS MONTH...

P28 Marathon runners, pay attention! Do you know the best way to recover? Should you not run for weeks, or can too much rest be a bad thing?

Getting your recovery right is just as important as training for the big race, so don't miss our post-race recovery feature for great advice and top tips.



P42 "No bra should celebrate a birthday!" These are the wise words from industry experts, who rightfully campaign to highlight the importance of wearing a well-fitted sports bra. And to help you, we've not only selected our favourites, but we also explain how to get the best fit.

P58 At the 2012 Summer Paralympics, Jonnie Peacock set a new Paralympic record. This issue we were thrilled to talk exclusively to Jonnie about the pressure of being a young athlete, his memory of the Games, and his ambitions for the future.

Be prepared to be inspired.



THIS MONTH'S CONTRIBUTORS



RUTH TONGUE: Vegetarian and vegan runners are a growing breed. But can you get great performance from a meat-free diet? We talk to ordinary runners who show that you can do both. Page 39



SARAH RUSSELL: What makes up the perfect runner? Getting the right sleep? Eating the right food? Resting enough? Sarah looks at the personal jigsaw puzzle that makes up a successful runner. Page 48



EVIE SERVENTI: You might have the right kit, but do you have the confidence to see you through? Evie talks to experts who believe there are 10 easy steps to becoming a more confident runner. Page 63



KEEP IN TOUCH... TWITTER @Runfitmag FACEBOOK: [facebook.com/RunningFitness](https://www.facebook.com/RunningFitness)

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is a medical device.

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IMAGE MARK SHEARMAN



GUERNSEY RUNNING FEST

Taken by Mark Shearman, this picture caught the atmosphere of the Guernsey Easter Running Festival. The four-day event includes a variety of running distances, and the overall winner is the athlete with the lowest accumulative time over each race.

This year's winning male overall winner was Martin Lewis (Charnwood), and the women's was Louise Perrio (Guernsey).

More information at: guernseyathletics.org.gg/easter



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THIS MONTH

Marathon statistics, a ban on junk food, surprising benefits of volunteering and a **RACE TO OUTRUN THE SUN**, it's been another busy month in the running circle



RACING THE SUN

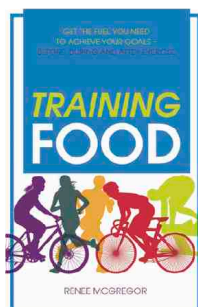
ASICS are searching for runners for their annual **'Beat the Sun' challenge on 21 June**. The event will see five continental teams battle it out to become the first beat the sun around the phenomenal Mont Blanc. Sign up at: <http://outrunthesun.asics.com/uk>



TREADMILL RUNNING BOOSTS MEMORY

Working at a treadmill desk boosts memory and concentration, according to neuroscientists in Canada, who asked nine students to spend 40 minutes reading texts and emails while walking at a treadmill desk, before running comparative tests with a control group. "Our results suggest that the use of a treadmill desk can improve attention and memory after the user has stopped walking," said head researcher Labonté-LeMoine. "It can also improve self-perceived attention, which could lead to increased adherence to this new habit. Improvements in work performance should be convincing for organisations that may be inclined to subsidise the use of treadmill desks."

It looks like treadmills are great for body and mind

**WHAT WE'RE READING**

Training Food by Renee McGregor [Nourish Books; £10.99]

If you are going to pick up one book on food and nutrition, make it *Training Food* by sports nutritionist and dietician Renee McGregor.

Packed with sensible, realistic and practical info, tips and recipes, Renee diligently starts from scratch, explaining how to approach your food and fuel requirements when training in low, medium and high intensity. She breaks down carbs, fats, proteins, and provides easy-to-read conversion and calculation charts so you can work out exactly how much food you really need. Renee considers all sports, all types of athlete and all levels of fitness. Case studies support some sections, and each chapter is neatly summarised.

As well as sports products and real food alternatives, Renee presents delicious, healthy and creative breakfasts, light meals, main meals, snacks/portables, and desserts – and okay, so this book might leave your tummy rumbling, but it will also leave you surprisingly motivated to get cooking and training!

**» NEED HELP TO RUN? THEN HELP SOMEONE...**

If you need help to start running, sign up to your local running group, volunteer at parkrun, help a friend get motivated to exercise, or offer support to new runners – you might then find it easier to accept help yourself. At least that's what a study published in the *Journal of Social Psychology* suggests. Researchers had people write hints to help others solve puzzles; doing this made the participants feel better about receiving help from others.

MARATHON STATS

Spectators cheer thousands of runners along in a marathon, but who cheers for the people who make it happen TNT is a logistical superhero – making sure everyone has access to water, first aid kits, tables, finishers' bags (and more!).

**Pre-race, TNT collect and store:**

1.25m
bottles of mineral water and Lucozade Sport

50
first aid kits
600
trestle tables



On the day, TNT deliver 20 pallets of water (45,000 bottles) to each station!

CALL FOR JUNK FOOD BAN AT CHECKOUTS

"We need the government to better protect the future of the British public and for the facts about obesity to be realised. Children and teenagers are now consuming around 40 per cent more added sugar than the daily recommended allowance," said Mel Wakeman, a senior lecturer in nutrition and applied

physiology. Aldi banned all confectionary from their checkouts in January 2015, following a trial of displaying healthier options. Wakeman is calling on other stores including Asda, Sainsbury's Local and WHSmith to follow Aldi's example and take more responsibility for the products that they promote. Watch this space!



Is it time our supermarkets took more responsibility when it comes to presenting food?



'KIDS, GET MOVING!' URGES TOMTOM

Research by TomTom found 80 per cent of parents with kids five to 18 say their children do less than the recommended 60 minutes of exercise per day. With the launch of Be Active, TomTom will support Kid's Run Free, a charity that organises fun running activities for kids in local parks and schools, to help encourage active lifestyle habits at a young age.

 LOG ON TO www.runningfitnessmag.com for more news

THIS MONTH'S NEWS IN BRIEF

Is running in the genes? One family seem to suggest it could be

» BOSTON MARATHON FILM DEBUT

Patriot's Day, a new film about the story of Boston Police Commissioner Ed Davis' experiences related to the Boston Marathon bombings and the manhunt that followed, is set to be co-produced by actor and Boston native Mark Wahlberg. Davis was reported to be near the finish-line when the bombs detonated, and played a key role in identifying the suspects in the week that followed. Although it hasn't officially been announced, Wahlberg has said he hopes to take on the lead role. At the time of print, no director had yet signed on for the film.



96 % of parents surveyed consider physical activity important for the overall development of children. **72 %** agree that kids should start to be physically active before their fourth birthday; however, there are significant barriers.

32 % blamed cost

26 % blamed laziness

25 % blamed a lack of time

16 % blamed a lack of facilities.

» ULTRA RUNNING – IS IT IN THE GENES?

When 84-year-old Grant Holdaway finished the Buffalo Run Ultra Marathon in Utah in March, he was not only the oldest competitor, finishing the 50 miles in 20 hours and 33 minutes, he also had the opportunity to put the family name on the record books. With 11 Holdaways running either a 50k, 50-mile, or 100-mile version of the race (in a total time of 154 hours and 37 minutes), the family set a Guinness World Record for the most family members to complete an ultra marathon – pending confirmation at the time of print.

POSTBOX

We'd love to hear your views, news and reviews

Running Fitness



SEND YOUR THOUGHTS ON ALL THINGS RUNNING

TO: NATASHA SHIELDS, Editor, *Running Fitness* magazine, Kelsey Media, Cudham Tithe Barn,

Berrys Hill, Cudham, Kent TN16 3AG

CONTACT BY EMAIL ON: rf.ed@kelsey.co.uk



LETTER OF THE MONTH

INSPIRED TO RUN

I thought I would drop you a line to thank your magazine for inspiring me to take up running!

My husband has always been into sport, but I must confess I never had any real interest.

Feeling a bit fed up with myself, I happened to pick up his copy of *Running Fitness* and the inspiration to do something about it came to me!

Without telling anyone, I went to my local running track where I managed just half a lap

before feeling like my lungs were going to explode. Sticking at it, and reading the mag for tips and inspiration, I kept at it until I am now preparing for my first race in Belfast next month.

The new lease of life this has given me has been priceless.

So keep up the good work with your magazine. There's always someone new out there, waiting to be inspired to take up this great sport.

THANKS, IRENE ANDERSON

THE LETTER OF THE MONTH WINS A HIGH5 ENERGY PACK, INCLUDING A DRINK BOTTLE, SPORTS DRINKS AND GELS www.highfive.co.uk



STRETCHING WORKED FOR ME

I'm 50 and I started running three years ago. As my children got older and more independent, I wanted to start exercising again. So I started running; as I got stronger, I found myself really looking forward to it. I started reading blogs, magazines and books and found out lots more about running, which better informed me about my body. I did some static stretching after running, but after reading that it wasn't necessary, I stopped.

Then disaster struck and I got an injury to my left Achilles. Six months went, and I joined the gym, cross-trained and worked on strength work. Then I discovered a book called *Anatomy for Runners* by Jay Dicharry, who explained that some runners can benefit from stretching if you're not flexible enough. Four weeks into the stretching programme, and I'm back to running three times a week, and whilst I'm not ready for hills or speed work, it feels great to be on my feet.

If like me, you don't have enough flexibility to run, then stretching could be



Some people find stretching beneficial

of real value. Don't miss it out of hand like I did. See you out there!

Steve Gittings

RF'S REPLY

Wise words Steve.... It's a great reminder that we are all very different!

There is research that quantifies a minimal amount of dorsiflexion (being able to pass the lower leg over a weight bearing foot) necessary for walking and

running, and it's a test that all therapists should be doing when runners present themselves with issues. Static stretching helps increase this range of movement for some of these people but not for others.

Research has shown that some runners who suddenly stop static stretching (after years of doing it) become injured. It is therefore recommended to reduce it gradually and listen to the body's reaction. Our advice, take each case individually.

YOUR TWEETS THIS MONTH

@WallingsLee "I made it, beat my last HM time by about 6 mins, so very happy."

@webbyska69 "Runners face many dangers like cars, lorries and dogs... but today I was seriously air bombed by a buzzard!"

@iamactivbod "Glad to see #mindovermatter getting a 5/5 - a great motivator!"

TWEET US @Runfitmag

ON FACEBOOK THIS MONTH

We asked you to share your best tip for a new runner. Here's what you had to say:

Donna Gavin: "Cross-train to strengthen muscles, gradually increase the miles and stretch after"

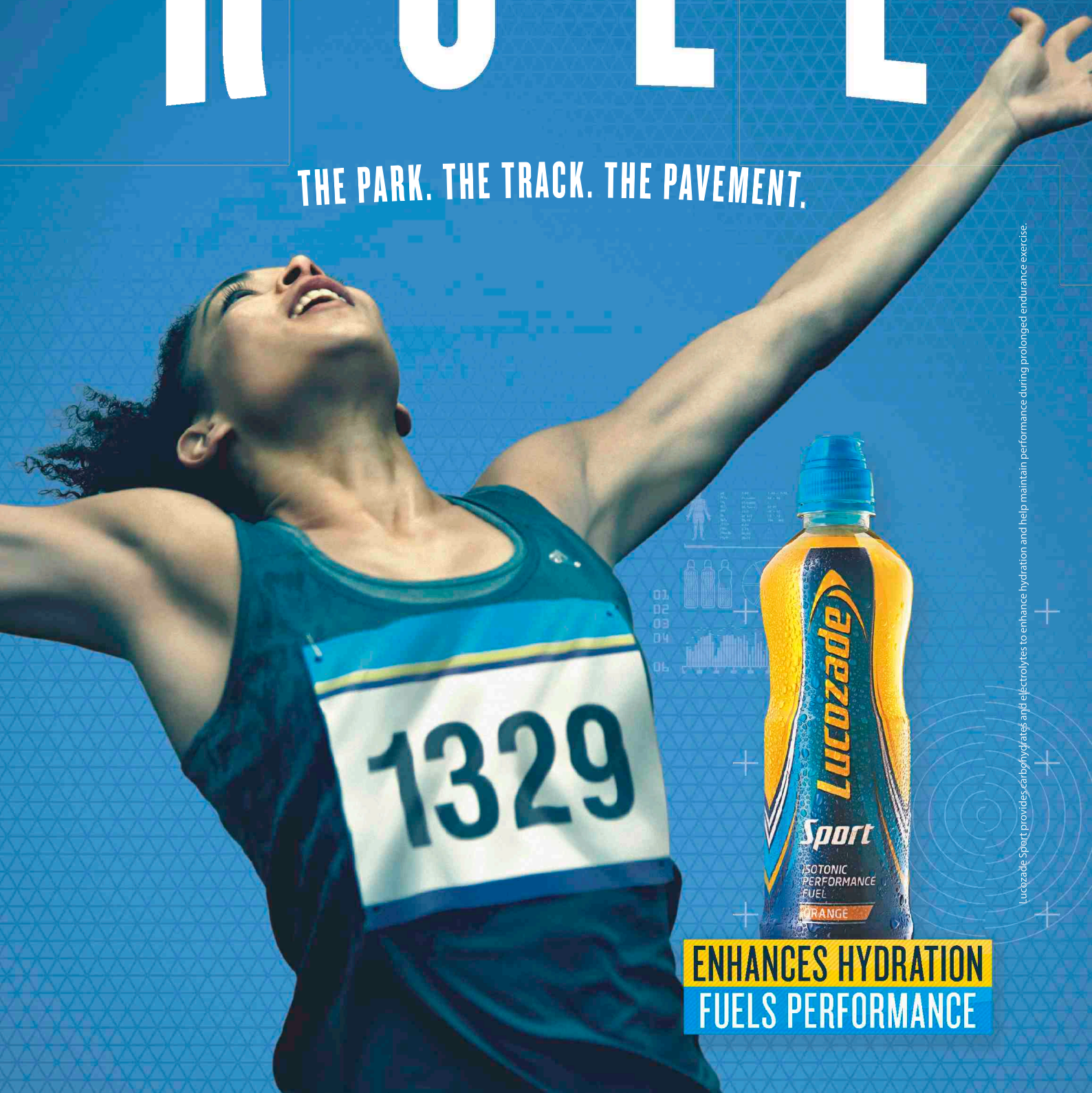
Michael Head: "At first.... just run! No pressures, no targets, no science.... just run. (The rest comes later)"

Emma Bonner: "The first mile is always tough no matter how good you are"

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THE FUEL TO RULE

THE PARK. THE TRACK. THE PAVEMENT.



ENHANCES HYDRATION
FUELS PERFORMANCE

Lucozade Sport provides carbohydrates and electrolytes to enhance hydration and help maintain performance during prolonged endurance exercise.



SARAH RUSSELL

Hydrate for optimum performance

As the weather turns warmer, it's even more important to ensure you stay **HYDRATED** whilst running, as Sarah points out

Hydration is a tricky subject. As I deliver more workshops and lectures to clubs and groups, the more I realise that most runners don't have a very good understanding of their hydration needs. It's not surprising. It's a controversial and complicated topic, confused by the media, various experts and drinks manufacturers.

Here are my top six tips to ensure you stay on top of your hydration:

1 DRINK LITTLE AND OFTEN

75 per cent of the population are chronically dehydrated – leading to fatigue, headaches, injury risk and impaired performance. Drink little and often throughout the day. Aim for 'straw'-coloured urine and to avoid becoming 'thirsty'. Have a large glass of water beside you and finish it before you leave the bedroom in the morning.

2 DON'T OVER DRINK

It is possible to drink too much, so it's important to get the balance right. If you're passing large amounts of clear urine, it's likely you're overdrinking and

at risk of diluting your electrolyte levels.

3 REMEMBER YOUR ELECTROLYTES

Water isn't always the best choice. Try an electrolyte replacement drink containing the right balance of glucose, sodium and potassium and other electrolytes, such as OSMO, Skratch Labs and SOS Rehydrate. Avoid drinks containing lots of sugar.

4 TRY DIORALYTE

If you've become very depleted or dehydrated, try using dioralyte which works well after a marathon or the night before a long race to pre-load.

5 DEHYDRATION CAN BE NORMAL

It's normal to become slightly dehydrated in a long run or marathon. Anything less than two per cent dehydration is usually OK and to be expected. This is known as 'transient' dehydration, and is easily rectified over 24 hours with normal drinking.

6 AVOID HYPONATREMIA

Avoid overdrinking during a long run, which can lead to 'hyponatremia' – a dangerous and potentially fatal condition where your electrolyte levels become washed out. Aim for 200-600ml per hour depending on the heat.



Sarah Russell has over 20 years experience in the fitness industry as a running coach, trainer, freelance writer and athlete. She also has a Masters degree in Sport Science and is a qualified England Athletics running coach www.sarah-russell.co.uk

SHARE YOUR THOUGHTS

Join our supportive community online and share your journey with like-minded runners



PRE-RUN BANANA WAFFLES

I'm a big waffle fan – provided they're homemade of course! These make a great pre-run fuelling snack.

INGREDIENTS:

1 cup gluten-free white bread, cubed
½ cup of plain flour
¼ cup ground almonds

Pinch cinnamon
1 tablespoon brown sugar
2 eggs
¼ cup milk
1 large ripe banana mashed

METHOD

1 Blend all the dry ingredients together until they resemble breadcrumbs.
2 Add the milk, eggs and mashed banana and blend.
3 Cook the batter in a waffle maker until crisp.
4 Serve with sliced banana, peanut butter or Nutella. You'll power through your run!

QUOTE OF THE MONTH

"I'M GETTING TO THE POINT WHERE I CAN SAY THE **VERY BEST PART OF RUNNING** IS QUITE SIMPLY: **RUNNING.**"
– **SCOTT LUDWIG, DISTANCE MEMORIES: REFLECTIONS OF A LIFE ON THE RUN**

WHAT'S ON IN JULY

The month of July is so packed with races of all distances, you'll be spoilt for choice. Here are some of the best summer events:

BEWL 15

WHAT?: 15 (ish) miles, trail and road run

DATE: 4 July

WHERE?: East Sussex

This stunning 15 (ish) miler takes runners on an undulating sight seeing tour of Bewl Water – the largest reservoir in the South East. The route is a mix of both trail and road, and is fairly hilly in parts. The post-run cake and beer and relaxed atmosphere make this a firm favourite with runners who return year after year.

www.bewl15.co.uk

PENDLE FAMILY RUNNING FESTIVAL

WHAT?: 10k and half marathon

DATE: 18-19 July

WHERE?: Lancashire

A whole weekend of running and activities! Includes 10k and half marathon on fully closed roads. Off-road and orienteering events, fun runs for the kids and lot of other activities such as climbing and archery. Stunning scenery of the Pennines. The half marathon has over 2000ft of ascent and is considered one of the toughest in the UK. Make a weekend of it!

www.hillsandmills.co.uk/Events

THE BATH RUNNING FESTIVAL

WHAT?: Full marathon, half marathon, 10k or 5k

DATE: 26 July

WHERE?: Bath

Choose from a full marathon, half marathon, 10k or 5k distance. The Bath Running Festival is a celebration of off-road running around the beautiful hills and valleys of Bath. All the races are designed to be fun, friendly and hilly! There are glorious buffets of fresh fruit and tasty treats at the feed stations around the course and at the finish-line.

www.relishrunningraces.com



LOG ON TO www.runningfitnessmag.com for more up to date listings

SARAH'S HOT PRODUCT THIS MONTH

» SUNWISE EQUINOX RM GLASSES

£39.99

Summer is finally here and it's time to grab yourself a new pair of running shades. We love these new glasses from Sunwise. They're incredible value for money, coming with four interchangeable lenses. The frame is lightweight, stylish and very comfortable.

www.sunwise.co.uk



Drink little and often to avoid becoming dehydrated

PAUL FOLLETT

Over nine months this year Paul Follett will run **12 EVENTS TOTTALLING 580 MILES** to raise money for the Children's Liver Disease Foundation

Considering he is several months into an epic endurance challenge, it's interesting that Paul Follett was more of a sprinter at school, and that for a number of years his working life in the City precluded much exercising. "I suddenly had this great idea in 2007 that I should join a gym as I was feeling very tired all the time," remembers Paul. "My lifestyle probably was not the best. The problem was I never really liked gyms so a colleague and I decided to enter the Great North Run. Although training was hit or miss, I did complete the run, said the usual 'never again' and promptly signed up for the following year! I had got the runner's high that everyone raves about. [Now] if I have a tough day at work, I run home and feel relaxed by the time I arrive."

COMPLETING A 226-MILE CHALLENGE

Last year Paul undertook a 226-mile running challenge consisting of three ultras – including the Marathon des Sables – and a marathon. He had a good reason though: "I ran the challenge for the Children's Liver disease Foundation (CLDF) as I was approached by a friend whose daughter had a serious liver complaint. There is no cure for Sophie's condition. This really inspired me to put in maximum effort as I did not want to let anyone down."

"I loved last year's challenge and realised that the longer distance is definitely for me! I have set myself an even bigger challenge for 2015, taking part in 12 events, including seven days running through the Peruvian Jungle of the Amazon. I have a target of raising £5000 for CLDF; this amount could fund the cost of a small research grant."

"I generally run 5-6 times a week, a couple of structured sessions of tempo or intervals, a couple of recovery runs and long runs at the weekend. My mileage is currently between 40-70 miles a week and will progress further as the weeks go by."

"Last year I decided to hire a coach to provide me with some much needed motivation. Ian Sharman is an Elite Ultra Runner who has run and won many top 100-mile races in the USA and has

competed all over the world. He sets my training plan and monitors how I progress. My training is now more structured to how I am feeling and progressing on a weekly basis. If I am struggling one week then my plan will adapt to that and vice versa."

ADAPTING TO YOUR SURROUNDINGS

"I like to train on various surfaces and in different locations. Living in London means that finding hills is a problem although the vast canal network and numerous parks cut out traffic on most of my runs. I run a lot along the River Lea, Hackney Marshes, Olympic Park and Victoria Park. If I want to run 'long' I try to enter an event as an added incentive. Running a 20-mile run as a race is far more enjoyable... As long as I remember it's training!"

"The Jungle in Peru is by far the event I am looking forward to the most. It is not

running my first marathon in Edinburgh in 2009. In my haste to rack up the miles, I bought a pair of trainers off the shelf when visiting the USA. I had no idea about gaits and pronation back then and it turns out the trainers were totally unsuitable for my running gait. I was left on crutches for 3-4 months and could not run for six months. Otherwise I have had a few minor muscle problems but feel very lucky that I have remained injury free. After my run I always have a craving for chocolate milkshake. I love the stuff and it aids my recovery."

Ever keen for the kind of challenge most of us would blanch at, Paul dreams of running in the Antarctic/South Pole. "I hate the cold," he admits, "but figure that to cross this off my list, all I have to do is run around the pole... A distance of about three metres and then I can do some sightseeing! I love to run where not many

"These types of distances are definitely more mental than physical"

just the country, terrain, and climate, but I love the camaraderie of the other participants. The ultra-running community is a unique breed of individuals who go out of their way to help and inspire each other. I love listening to their stories of previous adventures and it leaves me wondering what event to do next. This race will be brutal and it will challenge me over a period of six days. Having said this, the event I am dreading the most is the North Downs Way 100-mile run in August. I have never attempted to run this far in one day before. I have watched videos of other runners in these type of events and I see the pain on their faces. You will go through many highs and lows, but the lows are when you realise what you are made of. These types of distances are definitely more mental than physical but I will relish the challenge."

THE WRONG SHOES...

"I have generally been pretty lucky with injuries. I did have an ankle operation after

people would have travelled. Imagine describing your experience to friends and colleagues over a pint!"

"My motivation comes from my desire to challenge myself on a regular basis. It is not about competing but about enjoying the challenge, living it daily and experiencing new places, people and the runner's high at the finish-line. I like nothing better than chatting with others about their struggles and battles. I find it inspiring and love to pass on my own tips and experiences, hopefully to inspire others. Life is too short to sit around wondering; just do it before it's too late to say yes. Everyone needs a challenge in life and you do not realise just what you are capable of until you actually make that decision to do it."

"My tip for anyone thinking of trying something that they have doubts about, is to talk to those who have already done it. You will find that most, if not all had the same concerns. We all doubt ourselves; it's the first steps that count."





During the 2015 Miami Marathon



Country to Capital 2015

2015 CHALLENGE

Country to Capital (45 miles) 17/01
 Miami Marathon (26.2 miles) 25/01
 St Peters Way Ultra (45 miles) 01/03
 North London Half (13.1 miles) 15/03
 New Forest Running Festival (50km; 20 miles; 13.1 miles) 21-22/03
 London Marathon (26.2 miles) 26/04
 North Downs Way Ultra (50 miles) 16/05
 The Jungle Ultra (230km in six days) 05-11/06
 North Downs Way Ultra (100 miles) 08/08
 London Ultra Duathlon (107km) 20/09

At least two children a day are diagnosed with a life threatening liver complaint. CLDF provides emotional support for families and young people, as well as funding research into the various conditions, treatments, causes and cures.
www.childliverdisease.org

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MATT PHILLIPS

INJURY SPECIALIST

Did you know that **OFF-ROAD RUNNING** can help prevent injury? Matt explains how getting it right can make you a stronger runner

Although often regarded as suitable for crazy folk who love running up hills, getting into some off-road running is actually one of the most common pieces of advice I give to beginner runners. As long as you break it in gradually and choose your hills wisely, swapping some of your regular pavement runs for the grass and gravel of tracks and trails can actually help you become a stronger, more injury resilient runner.

THE POWER OF VARIETY

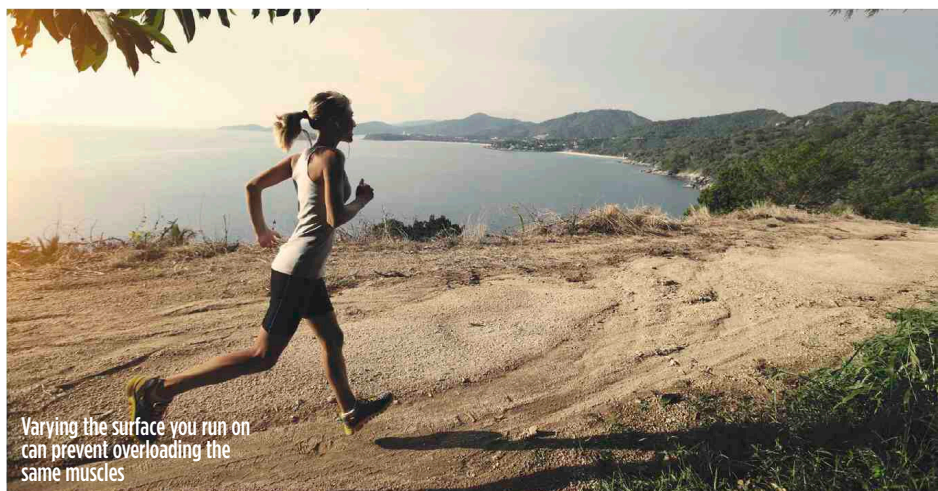
The common belief that running on pavement or tarmac is more dangerous than running on something softer, like grass, is a misconception. Different surfaces present different injury risks, but likewise they also present different benefits. Varying the type of surface you run on allows your body to be exposed to different types of load, instead of subjecting the same tissues to the same load each time. Given that overload is linked with injury, it makes sense to try to vary the loads each run.

The same can be said for type of footwear. Research has shown that wearing different types of shoes for different runs can also reduce risk of injury (as long as you allow time to slowly get used to new footwear and do not make any sudden changes in type of running shoe). The distances you manage to comfortably run on different surfaces and in different footwear may well vary, but for many runners, variety does seem to be key in reducing injury risk.

STRENGTH AND RUNNING FORM

The demands of running on a softer surface build a type of strength that you will not achieve running on road. As well as the obvious extra effort of having to run through mud, the extra concentration and coordination it takes also improves your neuromuscular strength, i.e. communication between your brain and muscles. Good running form depends on this quick firing communication, so having to think a little when you go out is not such a bad thing!

As far as running up hills, this may sound like a recipe for injury, but it in fact a slight incline allows you to work hard at a slower speed, something that is often safer than trying to work hard by running fast on the flat. Running up (and down) hills does require a little coaching, so I do recommend you seek the help of a running coach or club the first time you try it. With appropriate advice (e.g. stay tall, increase



MATT PHILLIPS

is a run conditioning coach and sports therapist with over 20 years experience working in the fitness industry. He is based at StrideUK, com in Brighton, Sussex. Follow Matt on Twitter: @sportinjurymatt

**My advice:
less wobble
board and
fit ball,
more
running
off-road**

cadence, avoid over-striding), running up hills can actually help improve your running form. Build those inclines gradually into your weekly runs and you will soon notice the difference.

NATURAL CORE DEVELOPMENT

Despite the continued marketing of 10-minute planks to achieve a strong 'core' (sorry, pet hate of mine), we now know that trying to keep your pelvis 'braced' or 'rigid' has very little to do with everyday life. Running, like any movement, is dynamic and the best way to develop your 'core' (which for me refers to any muscle connected to your pelvis) is by performing challenging and varied dynamic movement. The mixed terrain of off-road running creates a naturally enhanced need for stabilisation, meaning that the muscles used to keep your torso strong and reactive whilst running will get a great workout. My advice: less wobble board and fit ball, more running off-road.

FREE YOUR MIND

Running off-road gives you a chance to experience landscapes and scenery that you may have never truly appreciated before, despite it often being on your doorstep. For many runners, off-road running provides a very special moment, quality time in which you feel free and at one with nature. If your reason for exercise is about improving quality of life and reducing stress, off-road running can play a wonderful part in achieving that.



StrideUK is one of the UK's leading running technique companies which takes pride in helping people reduce injury and improve running performance by using clinical video gait analysis to examine your running technique and provide simple, easy to follow training programmes to get you injury free. For more information please visit www.strideuk.com

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Richard Chessor
Performance Nutritionist

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LAURA FOUNTAIN

LAZY GIRL RUNNING

Encouragement from **FRIENDS AND SUPPORTERS** helped Laura through her first ultra marathon, which finished at the Eiffel Tower

“Come on Serpie,” called out a supporter as I ran down a hill in the last half mile of the Snowdonia Marathon. “There’s always one of you lot at a race.”

It’s true. With more than 2000 members, there’s a good chance that you’ll see a red vest with two yellow bands across the chest at a race. As I travelled to France for the EcoTrail Paris 80k race – the longest I’d ever run, I got an email from another member of my running club. He was on the same train, in the same carriage, and staying at the same hotel. The next day I stood huddled together with three other Serpentine runners I’d never met before, trying to keep warm before the start of the race.

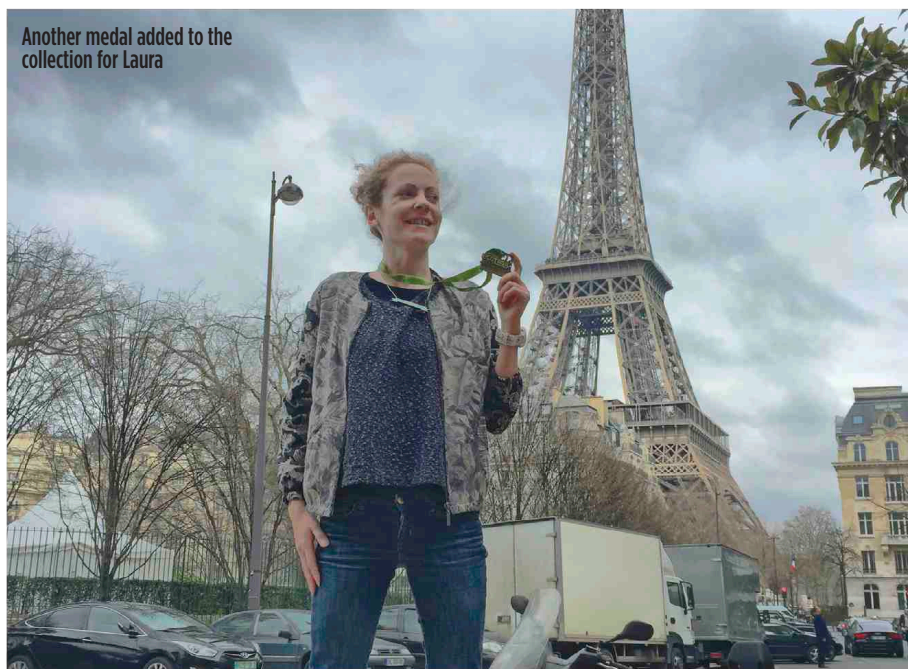
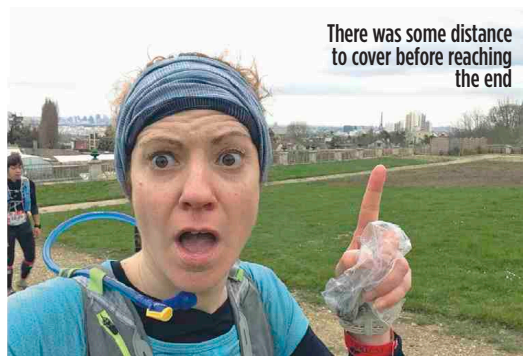
They were all much faster runners than me, and more experienced over ultra distances. One of them would finish in 20th place in a field of more than 1500 competitors. But for the two hours while we waited in the cold, we were all equal.

I spent the first few of miles of that race running with another British woman who was a friend of one of the other Serpentine runners. We chatted and eventually she pulled ahead and we wished each other well. I tried to unleash my very rusty GCSE French on some of the other competitors.

“Pardon monsieur”, when the competitor ahead dropped one of his snacks, and “Merci”, to the occasional spectators who peppered the route.”

THE POWER OF SUPPORT

There were a lot of runners out on the course. And there was always someone ahead of me to follow and the sound of footsteps behind. But there was nobody to talk to. I’d spent a lot of time preparing my legs for the 80km of running and 1500 metres of ascent. I hadn’t, however, been prepared for just how lonely 10 hours of running without being able to properly speak to anyone would feel.



LAURA FOUNTAIN

is a blogger, author and editor living and running in London. She’s run 10 marathons and is now training for an Ironman but just six years ago she couldn’t run 400 metres. Her book *The Lazy Runner* was published in 2012. She’s a UK Athletics qualified run leader and helps beginner runners learn how to run and, more importantly, how to enjoy it.

Follow Laura on Twitter: @lazygirlrunning

But I wasn’t alone. In my pocket I had my phone, and through it came a flurry of messages from my running friends back home, non-running friends and my family. They cheered me up as the sun went down and with it my spirits. I switched my headlamp on, turned my music up and thought about everyone back home watching the race website. I thought about the Serpentine runners ahead of me and my boyfriend waiting at the finish at the Eiffel Tower.

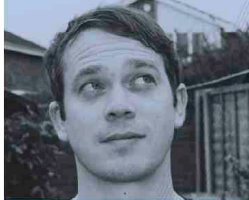
Over the years, running has taught me a lot about what I’m capable of. But it’s also shown me what others are willing to do to help support me. Running an ultra isn’t something you do by yourself. It takes a whole support crew, whether they’re there in person or just in spirit.

I climbed the stairs to the first floor of the Eiffel Tower and crossed the finish-line. I was handed a t-shirt, a medal and a beer for my efforts and I raised my cup to absent friends.

Laura took part in EcoTrail Paris 80k (www.traildeparis.com)



Running an ultra marathon isn’t something you do by yourself. It takes a whole support crew



DAVE STANDEN

TECHNOLOGY CORNER

Soon, most fitness brands will be technology companies. This month Dave looks at the **HISTORY** and the **FUTURE** of sports brands

When 23-year old Kevin Plank started Under Armour, he ran the business out of his gran's basement and carried his stock around in the boot of his car. The brand had the familiar beginnings of many sport companies – adidas was born when a guy named Adolf (not that one) started making shoes in his mum's kitchen; Nike began as a distributor for another company's trainers.

All of these brands started out selling sports clothes and trainers – now, they've moved into the world of fitness technology. And they're doing it aggressively. Under Armour is a perfect example of this – it recently completed the purchase of MyFitnessPal for \$475 million, giving it access to a fitness technology platform with a reported 45 million active users.

And this is fast becoming the way of the world. Fitness brands are no longer seen as providers of apparel – they're technology companies. Be it hardware or software, every company is trying to do something to appeal to an audience that has the desire to use technology to improve their health and fitness.

This means the traditional sports companies aren't just competing against each other – they're up against phone manufacturers, start-ups and even video game makers. Recently, Atari – a company that shaped my youth and the development of my thumbs – has launched Atari Fit. It's an app that 'game-ifies' fitness, allowing users to earn points and unlock classic games like Pong and Centipede.



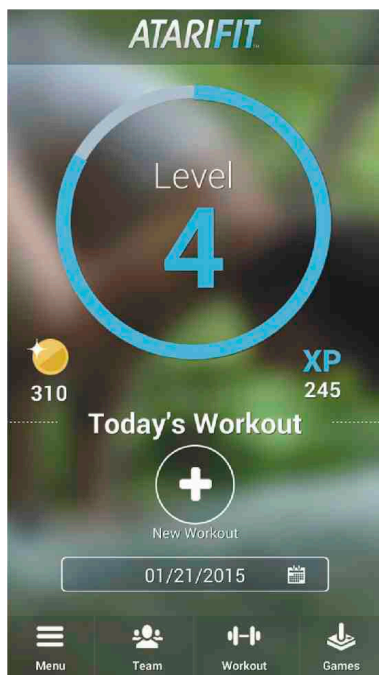
DAVE STANDEN
writes about running, technology,
and running technology.
Follow him on Twitter
@DavidStanden

But will this be good for the market? At the moment, according to research from strategy firm Endeavour Partners, a third of people who own wearable tech stop using it after six months. Many of the start-ups that produce the technology have iteration mind-sets – they build something, learn from the experience and quickly build the next thing. Most of the technology and software is so ephemeral that it's surprising that people don't discard their gear sooner.

Is this good for the audience? Well, yes and no. It's great that technology is developing, but each new device or software update is only a marginal improvement on the previous iteration. What was once fresh and exciting has been turned – a few exceptions aside – into dull drudge of copycat releases.

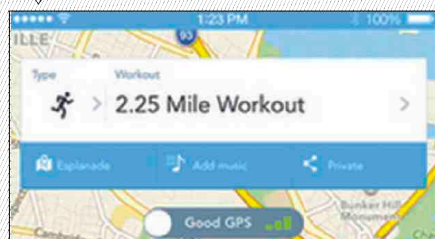
If all the established sports brands do follow the current trend and evolve into technology companies, will they have the power to change this? Will they bring longevity to fitness technology? Will they put their years of knowledge about the industry and the audience to good use? Probably not. They're often so in awe of the start-ups – the companies that took them by surprise and shifted the fitness market towards technology – that they have a tendency to mirror their actions and mind-sets.

And the danger of this is mediocrity on a grand scale. On the plus side, we all might get some shiny new tech to play with for six months.



THE PIGGYBACKERS

Some of the biggest music services have created their own ecosystem of supporting apps



RUNKEEPER

www.runkeeper.com

If you're a Spotify premium user, you might want to consider making RunKeeper your training app of choice. You can access Spotify directly through the app, including your playlists.



WHITE LABEL – HIP HOP

www.hydricmedia.com

This app is more about music discovery than playlists. It enables you to listen to the most talked about hip hop on Twitter, by streaming the tracks on SoundCloud. The app is beautifully designed and simple to navigate.



SHAZAM

www.shazam.com

The mother of all music discovery apps, Shazam has now been updated with improved Spotify integration. You can stream Spotify without leaving Shazam to listen to tracks in full.



TONY PHILLIPS

A SMILE EACH DAY

Have you played the **'SMILE A DAY'** game? Try it next time you're out for a run. You never know where it might take you

"I WILL NEVER UNDERSTAND ALL THE GOOD THAT A SIMPLE SMILE CAN ACCOMPLISH"

- MOTHER TERESA

I was on my way to run a workshop the other day and stopped at a coffee shop to grab a drink and snack. When the barista passed me the snack I'd ordered and told me the price, I reminded him that I'd also ordered a coffee, to which he replied gleefully, "It's on the house".

I graciously thanked him, asking why my coffee today was on the house.

"It's because you're so smiley!"

I can't lie, that comment and that gesture made my day!

The barista's comment brought to mind a few months ago when I was typing a blog post. Instead of typing a mile each day, I noticed that I'd typed a smile each day.

Amused, I was about to go back and correct my error when I stopped and wondered if my fingers were trying to tell me something. What if I were to adopt a philosophy, and practice, of at least one smile each day – not instead of but in addition to my mile each day run? What would that be like?

For a start it would require no time, no expensive gear and no preparation. All it would take is for me to adjust my facial muscles every now and again. Quite simple really.

WHAT'S IMPORTANT ABOUT A SMILE?

A smile is acknowledging someone. It says you are important and I value you. A smile puts people at ease. It also says I'm happy and I'm happy to share my happiness with you.

I don't know if you've tried this but it's a game I play when I'm out running. I try to say "good morning" and smile at as many people as I can when I'm running. Some will ignore me, often because they have earphones in and I don't realise until the last minute. Some will grunt back, but there are some who will say "good morning" in response to me.

Then there are the ones that mean I've won the game. They're the ones that smile back at me; they often reply with a "good morning" too. It feels as though I've made a slight difference to the day of each of these people.

And you can't get a much easier game than the 'smile each day' game.

Victor Borge, the Danish comedian who was a

So next time you're out for a run, don't forget to smile



A smile that is returned creates an instant connection between you and another person, whether you've met them before or not



TONY PHILLIPS

is a personal coach working with entrepreneurs and business leaders. An enthusiastic back of the pack runner, in January 2010 he began an experiment to see how many consecutive days he could run at least a mile. Tony is fascinated by the lessons running and daily habits teach him about life. Follow Tony on Twitter: @AMileEachDay or www.coachingapproach.co.uk

particular favourite of my parents, once said: "A smile is the shortest distance between two people."

I think I know what he meant. A smile that is returned creates an instant connection between you and another person, whether you've met them before or not.

TAKE THE CHALLENGE

So is it time that you tried the 'smile each day' game? Next time you go running, look up at the person passing you, and smile. But don't just try it when you're running. Try it anywhere and everywhere. You never know where it might take you. Oh, and if you get a free coffee from it, let me know where that was.



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gosh.org/uktrek





DAN TYE

REACH NEW HEIGHTS

Adversity goes hand-in-hand with adventure.
But it's **OVERCOMING** obstacles that gives us the addictive feel-good factor

Do any of you have a 'long' run on a Sunday? I like to get all my admin out of the way during the daytime, and then slip on my trainers and take myself out for a long trail run. Having everything sorted beforehand means I can really focus on the run. I was feeling particularly pleased with myself one recent Sunday as I managed the longest run since I smashed myself up in a motorcycle accident a year and a half ago. I only covered six miles, but it's six miles I thought I might not ever get to do.

I am slightly weighed down on my runs these days, as there's a thin metal rod inside the tibia of my left leg. There are screws through the bone (just below the knee and above the ankle) and they're as uncomfortable as they sound. I'm hopeful that it isn't going to stop me from taking part in adventure races. Before the accident I often thought about whether I could run something like the Marathon des Sables but I never actually got round to doing anything about it. It's funny how your perspective changes. I spent the whole of 2014 wondering if I would ever be able to run again. But now I can run, ambitions like this might be back on the agenda.

OVERCOMING OUR OWN OBSTACLES

The thing that hurts the most though is that it feels like the opportunity to run on a big adventure has been taken away from me. Anyone else reading this who runs with a niggle or injury might understand what this feels like. We put all these obstacles in the way even when we're fit and healthy, but when we're injured, we start to wonder what was actually stopping us before. The answer: only ourselves.

Anyway, back to the Sunday night. I finished my six miles at sunset, and when I arrived home I had a quick look on Facebook. In my news feed, some photos popped up by the Lochaber Mountain Rescue Team. There's a photo of a guy in the team, Sean MacLean, surrounded by his family in the pouring rain after finishing running the West Highland Way in 30 hours. "Crikey," I thought. "A hundred miles in 30 hours. And there's me just running six."

The caption with the photo amused me. It said: "You can give him some slack if he doesn't look his best in the pics as this is him after finishing 100 miles of running!"

To be fair, Sean looked much better than I did after just six. He was soaked through, but looked happy and satisfied, the kind of satisfaction that only comes from finishing a long, adventurous run.

I felt a sudden surge of respect and admiration for

X-ray of Dan's leg. Just call him Dan Tye-tanium



DAN TYE

took a love of cross-country running and outdoor pursuits with him into the RAF as a pilot. The call of the mountains was too great though and he became a ski instructor in Canada, before working as a journalist for the past 10 years. He now edits an online adventure lifestyle blog called *Adventure 52*, where he encourages everyone to make the most of his or her 52 weeks a year. Find him at: [@Adventure52mag](#) or [www.adventure52.com](#)

Sean. Not only has he volunteered his time over the past 25 years to the mountain rescue team, but he's put himself through 100 miles to raise money for Brain Tumour Research. There was something so reassuring about seeing Sean's family and friends surrounding him in Fort William after what must have been a gruelling 30 hours in awful conditions. But he kept on running through it.

I guess we all need to do that at times. And it's ongoing for others as I write this; Anna McNuff ([annamcnuff.com](#)) is running the length of New Zealand (1800 miles from north to south). It's funny because when you start to follow these adventurers, you start hearing about others. My favourite, Sean Conway ([runseanrun.com](#)), will be running the length of Britain by the time you read this, and that's having already cycled it and swum around it.

Adventure is becoming ever more associated with excitement, but more often than not it brings a large dose of adversity too; these two words even share the same first four letters.

For me, it's coming through that adversity, whatever it might be, that makes us feel so good about ourselves. This may go some way to explaining why I keep on running. Put simply, it makes me feel better.



MASTER POST-RACE RECOVERY

The run-free days after a marathon can be torture, but resting is crucial to your long-term fitness. Here's how to let your **BODY RECOVER** without going insane **WORDS** Sarah Ivory

Marathon running 101 – your training schedule shouldn't end when you cross the finish-line. In the days and weeks (yes, weeks – bear with me) following the marathon, you need to dedicate time and effort to recovering from the 26.2-mile feat, not to mention giving your body a breather after months of tough training. Phew!

"Rest is so important. It gives your joints and muscles a proper break after strenuous activity," explains Joshua Silverman, nutritionist and health coach @silvermanhealth. "The stress hormones, cortisol and adrenaline, are produced during aerobic exercise. Post-race, they will be busy breaking down muscle tissue and causing stress on your body. Resting after a marathon allows your nervous system to return to normal, and it helps rebalance your hormones." And this is the case whether you smashed your goal or struggled to the finish-line. Forget what your body is telling you (which will likely be 'I'm in the shape of my life, let's carry on running'); now is the time to sit back and put your feet up!

BODY OF EVIDENCE

Does how hard you ran make a difference to the recovery period? Bad news – not really. You might be a competitive sub-3hr marathoner or the person who ran the





course dressed as a sausage dog, but the result is the same: covering 26.2 miles by foot is hard on every aspect of your body, from the muscles, tendons and ligaments, to the nervous and immune systems. Marathon running depletes your body's energy stores and causes muscle tissue to break down, so much so that one study in the *Journal of the Neurological Sciences* found inflammation and muscle fibre breakdown in the gastrocnemius (calf) muscles of volunteer runners when training for – and during the seven days after – a marathon.

And if that's not bad enough, endurance exercise also suppresses the body's immune system. Interestingly, studies show that moderate activity, such as running at 50 per cent of your aerobic capacity for 45 minutes several times a week, doesn't have much of an effect on immune health – and may even be good for it, boosting the activity of germ-fighting

natural killer (NK) cells that help the body remove viruses. But exercising for 90 minutes or more at around 70 per cent of your aerobic capacity (hello, marathon running) has been shown to suppress NK activity and could make you vulnerable to illness.



"Running for a long period of time puts your body under high oxidative stress," adds Silverman, "and this means that you're overproducing potentially damaging free radicals, which can cause everything from fatigue to muscle and joint pain." The good news is science shows the immune system regains full strength after a bit of downtime –

the immune system is stronger three to six hours after the event and most racers are only vulnerable to infection a day or two after race day. But during this time, it's best to support your immune health by getting plenty of sleep, eating antioxidant foods (think blackberries, spinach, asparagus) and avoiding high-intensity exercise. Got it? ➔



STOP INJURY IN ITS TRACKS!

Injury is every marathon runner's nightmare! Luckily, there are things you can do to minimise your risk. "If you felt pain during and after the marathon, it is likely you have damaged the muscle soft tissue," explains Jonathan Grayson. "Now, it is important to know the phases of the soft tissue healing process to prevent causing further injury." Here's what to look out for.

PHASE 1 – bleeding for 0.48 hours

PHASE 2 – inflammation for up to 5-10 days

PHASE 3 – proliferation for up to 3-6 weeks

PHASE 4 – remodelling for months/years

Immediately – during phase 1 and 2 – treat the affected area with the PRICE method (Protect, Rest, Ice, Compression and Elevate). If pain eases, you can return to running through phases 3 and 4. However, if pain persists with a return to running after 5-10 days, you need to book an appointment with a physical therapist to get treatment.

Whether you ran quickly or slowly, a marathon puts a great amount of stress on your body

THE BOUNCE BACK PLAN

Don't know what to do with yourself now the marathon is over? Good news – recovering doesn't have to mean hitting the couch. Here's a fool-proof recovery schedule from Sarah Green and Jonathan Grayson, running experts at Six Physio (sixphysio.com).

	DAY 1: RACE DAY	DAY 2: POST-RACE DAY	DAYS 3-7: POST-RACE WEEK
	You've just crossed the finish-line and will feel some degree of muscle soreness.	Inflammation from micro-trauma builds overnight, leading to muscle stiffness.	How quickly you recover will depend on your body make-up and how well you take care of it!
BODY	Keep moving. Walk for 10-15 minutes straight away to reduce muscle stiffness. If you feel pain, ice the area for 10-20 minute periods, every few hours for 24-48 hours, or have an ice bath!	Inflammation can lead to scar tissue formation and excessive muscle stiffness if it isn't eased out. Book yourself in for a gentle massage in the first few days after a marathon to boost recovery.	Listen to your body. How does it feel? Give your body plenty of time to recover before you return to running longer distances and at faster speeds. If you're still feeling sore and stiff, use this time to cross-train (swimming, yoga) rather than run.
DIET	Stay well hydrated and eat some form of protein-rich food. This will help flush out the lactate build up and replenish muscle fibres from the micro-trauma sustained.	Eat plenty of fruits for an extra dose of vitamin C and antioxidants. Not only will this help combat free radical damage, it will also boost your immune system.	Continue eating a healthy diet. Don't forget, you just did something amazing, running a marathon isn't something you do every day (usually) so feel free to celebrate and enjoy your achievement.
WORKOUT	STRETCH AND ROLL	ACTIVE RECOVERY	GENTLE RUNNING
	A stretch and foam rolling session will reduce tightness. Wait at least two to six hours after the race before you do it. This allows your muscles time to replenish fluids and energy lost, and recover from the demands of the race.	Don't just rest – recover! Now is the time to do some light cross-training exercise. Head out for an easy 30-minute cycle or go for a swim the day after a marathon to boost your blood flow and aid a quicker recovery.	Start easy, only two to four miles and build back into your running very gently. Once muscle soreness has significantly reduced (usually two to four days after the race), try a short jog to aid blood flow and feed your need for a regular run. Just be mindful to take it easy and listen to your body!



“HOW I RECOVER”

Wondering how the pros and experts bounce back from a hard run? This month we spoke to a few well-known runners and experienced marathoners to uncover their recovery secrets...

“I’m currently marathon training and one thing I’ve learnt is to do a thorough cool down. As part of my cool down routine, I massage my legs with Nelsons Arnicare Arnica Cooling Gel directly after a run!”



Jenni Falconer, TV presenter and five-time marathoner

“Once I’ve crossed the marathon finish-line, I keep walking for 10-15 minutes to reduce muscle stiffness. About four hours later, I’ll do my first set of stretches and work on the foam roller. This allows my muscles to replenish fluids lost and recover from the demands

of the race.”
Sarah Green, physiotherapist at Six Physio

“I will always wear my CEP compression socks for a race. That in itself helps to speed up my recovery process by helping to reduce muscle oscillation. After racing, I try to put my recovery socks on as soon as possible!”
Lucy Gossage, pro-Ironman athlete

Recovering doesn't mean you can't do some light exercise and cross-training

Running for a long period of time puts your body under **high oxidative stress**

TIME FOR REST

Here's something you probably already know – anecdotal evidence shows that many marathoners aren't keen at taking time out from run training. Not only do they fear they'll lose their endurance fitness when they take a break from distance running, but they also find it really tough to separate themselves from their beloved sport. It's a hard thing to do but think about what jumping back on the training wagon will do to your system. Not sure? Here's a hint – it'll put you at an increased risk of injury, illness and a loss of motivation. Let's face it, you don't want that.

"A failure to rest properly makes you vulnerable to the over-training syndrome, which in turn could lead to an increased risk of illness and injury," explains Silverman. "And there's more – it will also prevent your body from adapting to the overload of exercise, leading to weaker muscles and weaker joints in the long term." By putting your training on pause, you will be giving your body time to replenish energy stores and let your muscles have a chance to repair and rebuild. The take-home message? A recovery period is actually great news for your performance.

How long should you rest? Most experts recommend one week off proper training after a marathon, and then sticking to a light running schedule for at least a further week.

"I suggest taking at least two weeks off running," agrees triathlon coach and Shock Absorber ambassador, Kim Ingleby. "I tell my clients that it's a week for each hour they spent running. So, if you ran a four hour marathon, you'll need four weeks off running. It's tough but it can be done if you find other goals to focus on." Ingleby notes that recovery and adaptation is the key to reducing your risk of injury, increasing motivation and running faster later in the

season. And if you're still anxious to get back on the starting line, here's a task worth trying: "Write down two to three things you are proud of and two to three things you would like to adapt in your training, nutrition or mind-set to improve on," recommends Ingleby. "Whatever the outcome, you'll have done your best on the day – be proud of yourself. Plan an event that excites you in 6-12 months' time and use the recovery period to have fun." Well, you heard the lady – it's time to go out and do the things you don't normally get a chance to do because you're busy clocking up miles. **RF**

YOUR RECOVERY FOOD

What you eat goes a long way to boosting your body's ability to recover from a long run.

"Try to have a complete meal within the next two hours. This should contain high GI carbs, protein, healthy fats with plenty of veg," adds Emma Barraclough, senior sports nutritionist for Science in Sport (scienceinsport.com). "You need carbs to help replenish your glycogen stores, protein to kickstart muscle repair, omega-3 fats to ease inflammation, and a colourful range of fruits and veg to provide lots of antioxidants."

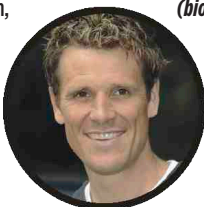
THE PERFECT RECOVERY MEAL: chicken breast with mixed roasted vegetables, olive oil, herbs and salt. Served with 150g of rice.

THE PERFECT RECOVERY DESSERT: frozen yogurt with berries and plenty of water or herbal tea.



Chicken is a great recovery meal

"Once I became a full-time athlete, I noticed a massive change in the amount of time I had to recover. Prior to going full-time, I'd train, work all day and then train again – I wasn't recovering properly. Getting in recovery time is the only way I can guarantee



training the next day. Plus, I make sure I get enough calories to go again." **James Cracknell, ActiVeman ambassador (biosynergy.co.uk)**

"I find that, when I have protein immediately after a marathon or a long run, my muscles recover so much faster. Not only does protein help create more tone and definition,

but it also helps my muscles recover quicker – which is so important! I always have a recovery shake in my kit bag."

Charlie Webster, TV presenter, marathoner and PhD woman ambassador

"After I ran the marathon in 2010, my

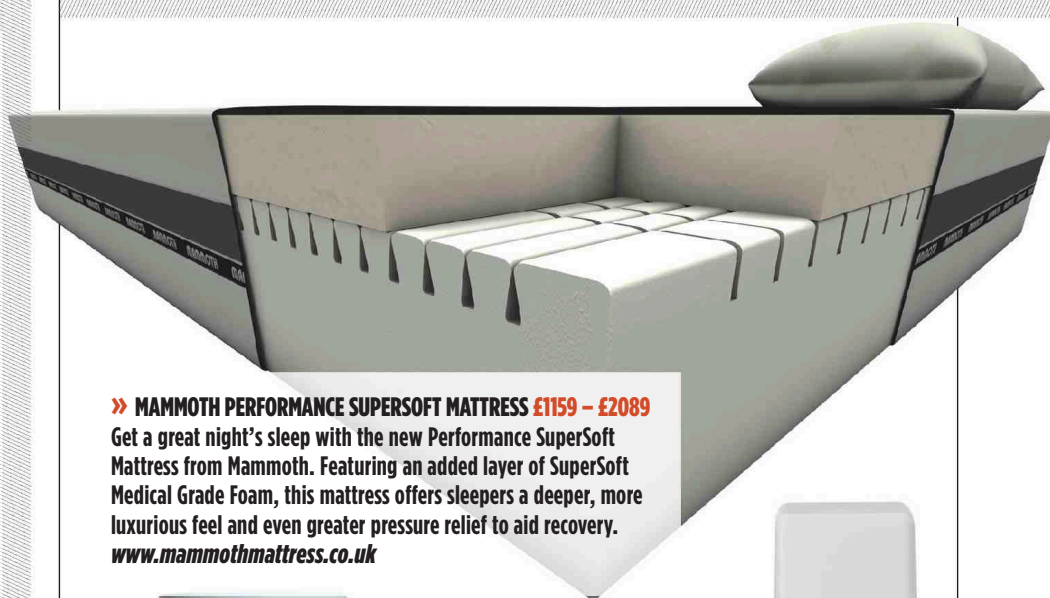


joints, especially my knees, really hurt! The solution? An ice bath. Simply, fill a bath with cold water and get in it. Try to stay in the bath for 5-10 minutes and then have a warm shower. You don't need to put ice in the bath – cold water is cold enough!"

Tim Allardyce, sports physio at surreyphysio.co.uk

SPEEDY RECOVERY

Getting the balance between training and recovery is vital for good **HEALTH AND PERFORMANCE**



» **MAMMOTH PERFORMANCE SUPERSOFT MATTRESS £1159 – £2089**

Get a great night's sleep with the new Performance SuperSoft Mattress from Mammoth. Featuring an added layer of SuperSoft Medical Grade Foam, this mattress offers sleepers a deeper, more luxurious feel and even greater pressure relief to aid recovery.
www.mammothmattress.co.uk



» **ELAGEN £15.96 (90 capsules)**
Elagen Sport is a recovery, protection and performance supplement proven to aid the immune system, improve fatigue levels and help you adapt to training loads.
www.elagen.com

» **THIS WORKS SLEEP PLUS PILLOW SPRAY £25 (75ml)**

A fast-acting natural remedy to restore healthy sleep patterns. A potent blend of lavender, naturally encapsulated to gradually release during the night. Clinically proven to provide a better night's sleep. Ideal for pre-race nerves!
www.thisworks.com



» **SKINS A400 COMPRESSION LONG TIGHTS £100**

Proven to aid recovery and improve circulation, these new tights from Skins offer dynamic gradient compression technology, for support where you need it most. With new technology to take care of temperature control and moisture management.
www.skins.net



» **VIVO BAREFOOT SHOES STEALTH £100**

Barefoot running isn't for everyone, but we love the concept of wearing barefoot shoes for recovery. Unlike stiff immobile shoes, Vivo Barefoot shoes will allow natural movement and total flexibility, improving proprioception and foot strength.
www.vivobarefoot.com



» **SUUNTO AMBIT 3 RUN GPS WATCH £250**

Monitor your recovery with the new Ambit 3 from Suunto. Packed with some cutting edge HR monitoring and GPS features, this clever watch also allows you to analyse your recovery and sleep, helping you to plan your next workout and train more intelligently.
www.Suunto.com/ambit3





» **BACH ORIGINAL RESCUE REMEDY £9.20 (20ml)**
Juggling your running can become stressful, which will impact your ability to recover. Rescue Remedy combines original flower essences, blended to provide support in times of emotional demand. Use Rescue Remedy to support your stress levels.
www.bachflower.com

» **CEP RECOVERY COMPRESSION SOCKS £34.99**

Recovery compression socks are ideal for wear post-run or race. The technical fabric offers compression to improve circulation, aiding blood flow and reducing muscle soreness. Perfect for travel or after sport use, you can wear them under normal clothes (black colour blends in with work attire) or even for sleeping.
www.shop.cepsports.co.uk



» **PHYSICOO BANDAGE £9.99, COOLANT SPRAY £16.99 (500ml)**
Physicool wraps can be used to treat an acute injury or to provide 'cooling' treatment to help with longer term recovery. Physicool reduces swelling and inflammation, and speeds up recovery. Wrap the re-usable bandage around your leg or knee for instant cooling and compression. Recharge with the Physicool Coolant Spray.
www.physicool.co.uk



Running Fitness
ED'S PICK OF THE MONTH

» **GRID STK £34.99**

The new GRID STK is a convenient way to foam roll while seated or standing, and is great for mobile use. The first of its kind, the GRID STK uses the technology of the GRID roller surface with handles to roll, release and relieve tight muscles and trigger points. Ideal for travel or pre-race use.
www.physicalcompany.co.uk



» **OSMO ACUTE RECOVERY £29.99 (16 servings)**

OSMO Acute Recovery (Organic Vanilla) is the product of 10 years of research in the lab and testing with elite athletes. OSMO uses the highest quality natural ingredients to speed recovery, optimise training, aid muscle repair and restore glycogen after a hard or long training session. Drink within 30 minutes of training. Acute Recovery for Women (Honey and Spice flavour) is also available which specifically matches female recovery nutrition needs.
www.osmonutrition.com

» **BETTER YOU MAGNESIUM OIL SPORT SPRAY £12.20**

Magnesium Oil Sport Spray combines essential magnesium with camphor, black pepper and lemon oils to aid training and speed recovery. Spray this oil onto your skin after training for optimum absorption. Magnesium is an essential element, crucial for bone health and is a natural muscle relaxant.
www.betteryou.com



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**Running
Fitness**
COUCH TO 5K
PART 2

FIRST STEPS

You've made it to the second part of our step-by-step guide for **COMPLETE BEGINNERS**.
It's now time to up the distance **WORDS** Sarah Russell



Remember to take it easy if you want to avoid an injury

Welcome to the second part of our series for complete beginners. In case you missed part one, you can find a back issue at www.kelseyshop.co.uk/running-fitness-magazine-back-issues.

If you followed the four-week schedule printed in last month's issue, you should now be able to run for around eight minutes or more without stopping, and by the end of the next four-week block, you'll be running for an incredible 20-25 minutes.

However, even if you feel ready to run for longer and want to push yourself at this stage, it's really important to hold back and be cautious. One of the single biggest mistakes that beginners make is to do too much too soon, and end up picking up an injury in the first few weeks.

Physiologically, your cardiovascular system will improve quickly (and faster than your musculoskeletal system), so within just a few weeks, the effort of running seems much easier, you'll be less breathless and your heart-rate lower. Your musculoskeletal system, however, will take a bit longer to get used to the impact of running and your joints and muscles need time to adjust and get stronger.

Injuries typically occur when you progress too quickly, by either running too fast, too long or doing too many sessions per week. Whilst running doesn't necessarily 'cause' injuries as such, it awakens muscles which might not have been used for years and can exacerbate any existing imbalances caused by poor posture or old injuries.

When injury strikes...

Assess the pain – if it's 2/3 out of 10 and just a 'niggle', then keep running but at an easy level. Get treatment from a massage specialist or physio, and see how it responds. If it's higher than six and affecting your ability to run, then stop. Get treatment ASAP.

Sometimes a tight muscle will respond to a quick stretch on the run, which may prevent a tear occurring. If something feels a bit tight, stop, stretch and then gently carry on.

If the pain prevents you from running, get home and put some ice on it. Use a bag of peas or a sports ice pack, and ice the area for about 15-20 minutes. This should reduce inflammation. Repeat three times a day over the next few days, and see a physio.

Work out the cause of the injury. Getting the right shoes, using a foam roller or working on core strength might help to prevent further pain.



Assess the pain and act on it to avoid further injury

POINTS TO REMEMBER

» Always warm up with some mobilisation exercises, and by walking briskly for five minutes before each session.

» Never stretch muscles when cold; leave static stretching for after your run if you find it works for you. Some runners prefer to use a foam roller instead of static stretching.

» Keep hydrated by drinking plenty of water throughout the day – sip little and often – dehydration can make you feel sluggish, worn out and increase your risk of muscle injury.

Try using a foam roller after your session rather than static stretches before



TOP TIPS – HOW TO AVOID INJURY



BE PATIENT AND PROGRESS SLOWLY

– follow the programme and don't be tempted to jump ahead too far too soon.



IF YOU FEEL ANY SORT OF NIGGLE OR DISCOMFORT, then stop running and seek treatment from a physiotherapist or sports therapist. Don't be tempted to just ignore it.



GET FITTED OUT BY A SPECIALIST RUNNING SHOP FOR A PAIR OF PROPER RUNNING SHOES; don't just buy from the internet.



THINK ABOUT TRYING TO 'INJURY-PROOF' YOUR BODY WITH STRENGTH AND CONDITIONING STABILITY EXERCISES AND FOAM ROLLING. Most running injuries are down

to biomechanical or overuse problems. Get some advice from a physiotherapist or PT.



IT'S ALSO IMPORTANT TO THINK ABOUT GOOD POSTURE EVEN WHEN JUST WALKING AROUND, SITTING AT YOUR DESK OR DRIVING. It's often what we do when we're not actually running that is the culprit. If you know you have an old

injury which might cause a problem, get advice from a physio before you start running.



TRY TO AVOID RUNNING ON CONSECUTIVE DAYS, BUT DO INCLUDE OTHER CROSS-TRAINING – cycling, spinning, swimming, etc. and Pilates, yoga and strength work are all great to mix things up.



AND FINALLY, INVEST IN A FOAM ROLLER

(we love the Grid by TP Therapy £39.99) and check out TP Therapy Tuesday clips on YouTube for expert instruction. Spend 20-30 minutes two to three times per week doing some foam rolling and trigger release work, and you'll find it makes a huge difference to your running.



KEEP A DIARY

One of the most powerful tools used by runners, especially by beginners, is the 'training diary'. Keeping a log of your sessions, how you felt, how fast or far you ran etc, is a brilliant way of keeping you motivated and on track. There is no better feeling than looking back on what you've done and how far you've come. And if you struggle to get motivated, just being accountable to a diary and having to fill it in can often be enough to get you out of the door; there's nothing worse than seeing a blank page!

A log is also really useful to review when things don't go to plan. You may have no idea why you suddenly have an injury, but a quick review of your diary may reveal the reason. You can purchase a pre-printed running diary, or just buy a normal diary and mark it out to measure the variables you want to record. Here's an example:

DATE	Mon 10th July	WEIGHT: 72kg
TIME	Early morning	
WEATHER	Warm, breezy	RHR 70 bpm
DISTANCE	3.5 miles total	TIME 45 minutes
ROUTE: Round village to church and back – totally flat		
SESSION: 5 min walk, then 15 min jog, 2 min walk, then 15 min jog and 5 min walk cool down		
NOTES: It was only three weeks ago that I could only run for five minutes. Now look at me! Did find it quite tough, but so proud of myself! Slight niggle in right hip, must get physio to check it out.		

TOP TIP

If you feel really tired and want to stop, say to yourself: 'I'll just get to that next lamppost/car and THEN I'll walk', even if it's just a few yards. This keeps you in control of your session.

Remember to check your resting heart rate, which means before you get out of bed in the morning



Resting heart rate

One of the best ways to measure your fast improving fitness is to take your resting heart rate (RHR). Put simply, as you get fitter your heart becomes stronger and more efficient; and your resting heart rate gets lower. A normal person may have a heart rate of 60-70 beats per minute (bpm), whereas the super-fit might have rates as low as 28-35 bpm. Your heart is a muscle and like any other, the fitter and stronger it gets, the more efficient it becomes,

taking less beats to push the same volume of blood around your body.

Take your resting pulse before you get out of bed in the morning and keep a note of it. Use the pads of your fingers to count the beats at your neck or wrist for one minute (or count 30 seconds and times by two). Be aware that variables such as stress, lack of sleep, caffeine, alcohol and dehydration can affect it. It's motivating to see your resting heart rate start to drop, and is a great way to measure your progress.

THE PROGRAMME: WEEKS FIVE TO EIGHT

This month you will reach the 'holy grail' in running – being able to run for 20-25 minutes without stopping. Many beginners see this as being one of the biggest hurdles, yet one of the greatest achievements on the road to becoming a runner.

The programme here is intended to be a guide – remember that everyone will progress at different levels – so be careful not to push on too quickly or worse still, skip ahead a week. If a session feels too hard, repeat a week or drop back to the last week until it feels comfortable and achievable.

Remember to keep the pace gentle and steady, where you can chat easily and you're not out of breath. Your effort level should be 5/10.

AND FINALLY...

So there you have it, the next four weeks of your beginners' schedule, plus lots of tips and advice to keep you on track. Watch out for part three in the next issue where we'll look at nutrition, goal setting and entering your first race. Follow the programme however, and in only eight weeks time you'll be capable of running for 40 minutes or more.

We'd love to hear from you, so get in touch at rf.ed@kelsey.co.uk or tweet us at @runfitmag and let us know how you're getting on. Keep up the great work! Well done.



Start EVERY run with a five-minute walk, then follow the plan below. Finish off with a five-minute cool-down walk. This adds 10 minutes to each session.

COUCH TO 5K - WEEK 5

Session 1	10 min jog/2 min walk x 1, then 5 min jog/1 min walk x 2
Session 2	12 min jog/2 min walk x 1, then 5 min jog/1 min walk x 2

COUCH TO 5K - WEEK 6

Session 1	12 min jog/3 min walk x 1, then 5 min jog/2 min walk x 2
Session 2	15 min jog /3 min walk, then 6 min jog/2 min walk x 1

COUCH TO 5K - WEEK 7

Session 1	17 min jog/3 min walk, then 2 min jog/2 min walk x 3-4
Session 2	20 min jog/3 min walk, then 2 min jog/2 min walk x 3-4

COUCH TO 5K - WEEK 8

Session 1	22 min jog/5 min walk, then 1 min jog/1 min walk x 4
Session 2	25 min jog/5 min walk, then 1 min jog/1 min walk x 4

ON TEST THIS MONTH

Our product focus feature takes a deeper look at some of the **HOTTEST GEAR** on the market, with an in-depth and honest review that you can trust

BAMBACH SADDLE SEAT

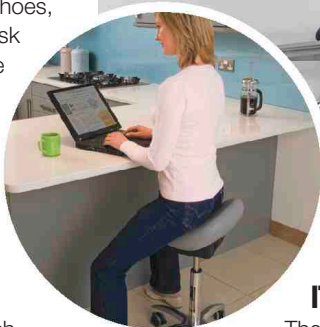
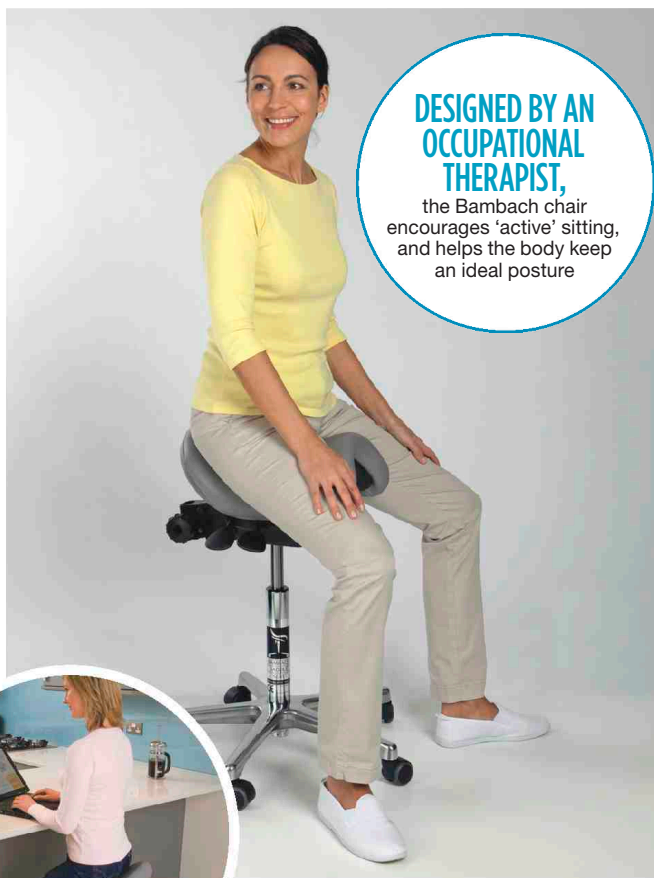
Basic model starts at **£499.20**, with a 30-day trial
www.bambach.co.uk

- Designed by an occupational therapist
- Prevents slumping
- Proven to reduce load on the spine

What you do outside of running can all have a huge impact on your running. And it's likely to be far more important than your choice of trainers or your running style in terms of your risk of injury.

What you do for 6-8 hours a day will impact your body far more than a 45-minute run. But injured runners are still quick to blame 'running' or their shoes, when it could be their desk chair or heels that are the root of the problem.

We all know that sitting at a desk every day is a killer for your running. Your glutes switch off, your spine becomes compressed and your hip flexors shorten and tighten; which can lead to back, hip and knee problems. Over the years, I've tried sitting on a swiss ball, a kneeling chair and various chair combinations – none of which have really hit the spot. When the Bambach Saddle Seat recently caught my attention, I was excited to try it.



WHAT IS IT?

The Bambach chair is like sitting on a saddle – just like you would do on a horse. It tilts your pelvis forwards into an anterior position and relieves pressure on the spine. It's more of a 'perching' position and your thighs are at a relaxed 45-degree angle with feet flat

on the floor. Slumping is simply not possible!

Designed by an occupational therapist, the Bambach Saddle Seat encourages 'active' sitting, and it enables the body to find and maintain an ideal posture. Research has shown the position reduces load on the spine, relieving sciatic issues as well as increasing chest space, improving breathing.

WHY SHOULD YOU USE IT?

I've used the Bambach Seat for six weeks and can't imagine going back to a normal chair. Even sitting on my old chair, I still found I'd wrap my leg around the leg of the chair, or find myself slumping. My hips always felt tight and I was plagued with hip niggles and tightness. Since using the Bambach, I haven't had as much hip discomfort and I like the 'perching' position. Now I sit upright and straight with my pelvis in an optimum position.

It took a while to get used to and I also had to raise my desk height, but that's easily sorted. Over time, it's become my 'go-to' chair. It may not suit everyone, but if you're an active runner then I'd recommend giving it a try.

And whilst it doesn't come cheap, Bambach do offer a 30-day trial, so you can send the chair back if it's not for you. Personally, I've found it worth every penny.



WIN a Bambach Seat

Running Fitness are teaming up with Bambach to offer one lucky reader a Bambach Saddle Seat, worth £499.20. The seat is available in four sizes and three different heights.

Enter online at www.runningfitnessmag.com and follow the instructions. The free prize draw deadline is 29 May 2015.

TERMS & CONDITIONS Entries close at midnight on 29/05/2015 and the winner will be drawn 02/06/2015. The winner will be notified within 28 days of the close of entries. The draw is final and no correspondence will be entered into. Entry is free. Open to residents of the UK aged over 18. Employees of Kelsey Media and their family members are not eligible to win. Only one entry permitted per person, no bulk entries will be accepted. The first correct entry drawn after the closing date will win. There is no cash alternative and the prize is not transferable. If any prize or product is lost or damaged during the course of delivery to the recipient, Kelsey Media will provide reasonable assistance in seeking to resolve the problem. However, it will not always be possible to obtain replacements for lost or damaged goods, and in that event, no financial compensation would be payable by Kelsey Media or their affiliates. We reserve the right to cancel the competition, if circumstances change that are beyond our control. By entering you agree to be bound by all the rules and agree that your surname and county may be released if you win. By providing personally identifiable information when entering this competition, you are agreeing that we may use it to provide you with on-going information about our products and services, although you can unsubscribe at any time, if you wish to do so. Running Fitness is a Kelsey Media brand. Kelsey Media will only ever use your information in line with its Multi Layered Privacy Notice. For full details, visit kelsey.co.uk. If you have any questions please ask as submitting your data indicates your consent, until you choose otherwise, that we may contact you about products and services that we believe to be of relevance to you.



RECIPE OF THE MONTH

Scrummy butternut squash lasagne



PREP TIME **COOK TIME**

Ingredients for 4

1 butternut squash (about 700g), deseeded and chopped into chunks
1 tbsp rapeseed oil
1 tsp ground cumin
Plenty of salt and freshly ground black pepper
Juice of ½ lime
8 sage leaves
1 onion, finely sliced

1 clove garlic, crushed
1 tbsp olive oil
100g bacon lardons
25g unsalted butter
25g cornflour or flour
1 pint milk
Pinch of grated nutmeg
100g goat's cheese
250g fresh lasagne sheets

Why is it good for you? Delicious and highly nutritious, this dish provides a balance of slow-release carbs, protein and healthy fats to support your training. Rich in minerals, it also contains vitamin C and A, which helps protect the immune system and acts as a muscle anti-inflammatory. If you're a vegetarian, just leave out the bacon!

METHOD

- 1 Heat the oven to 210°C, gas mark 8.
- 2 Lay the butternut squash on a shallow baking tray; spoon over the oil, cumin, salt and pepper. Ensure the squash is completely covered and bake in the oven for 30–40 minutes until golden and soft. Remove and smash roughly with a fork. Squeeze over the lime juice; finely chop six sage leaves and scatter over the squash.
- 3 Meanwhile, take a frying pan and sauté the onion and garlic in the olive oil over a gentle heat until soft. Add the bacon, and sauté until crisp.
- 4 To make the sauce, gently melt the butter. Remove from the heat and quickly stir in the cornflour or flour. Return to the heat; cook for about one minute, stirring

all the time, and then gradually add the milk and the remaining sage leaves, again stirring all the time until the sauce thickens. Grate in the nutmeg and season with salt and pepper. Crumble in the goat's cheese.

4 Now it's time to layer everything up. Start with half the butternut squash mixture; spoon over half of the onion mixture, add a layer of lasagne and finally some of the cheesy white sauce, then repeat the process, finishing with the white sauce on top.

5 Lower the oven to gas mark 4, and bake for 20–30 minutes, until cooked through..



Nutrition per serving (4) Energy (kcal) 499 Protein (g) 16 Carbohydrate (g) 69 Fat (g) 18 Of which sugars (g) 10 Of which saturates (g) 7 Salt (g) 0.8 Fibre (g) 7

FOR MORE
RECIPES, SEE
**WWW.
GOFASTERFOOD.
COM**



Kate Percy Athlete and cook, Kate is passionate about the link between good eating and better performance. Her bestselling books, *Go Faster Food* (£12.99), *Go Faster Food for Kids*, (£16.99), and *FuelSmart for Race Day* (£3.99) bring top sports nutrition advice to life with delicious recipes to help athletes fulfil their potential. They're available on amazon.co.uk, in bookstores, or get a signed copy from her website at www.gofasterfood.com

PLANT POWER

Can you be a runner on a **VEGAN DIET** without it affecting your performance? With a little bit of careful planning, you might even have the upper hand **WORDS** Ruth Tongue



There are around 140,000 vegans in the UK, which means just one in 400 of us are currently committing to a fully plant-based diet. Yet despite these relatively small numbers, more and more of us are starting to recognise the benefits of eating less meat and animal products – be it for health, environmental or ethical reasons. Initiatives such as ‘Veganuary’, a month-long vegan challenge have also increased the number of ‘part-time’ vegans (otherwise known as a flexitarians) who eat a plant-based diet, but allow themselves meat and fish on the odd occasion. Along with endorsements from celebrities like Beyonce and J-Z (advocates of a vegan ‘spiritual and body cleanse’) and the widely reported health benefits, the diet once looked upon as being ‘alternative’ is now enjoying mainstream status.

GREEN FUEL

But is consuming a diet free from all animal products (including meat, eggs, dairy, fish, gelatine and honey) beneficial for runners? Are we to believe that Mo Farah’s success is down to the fact he fuels up on the plant-protein Quorn? And is the fact that you can count successful vegan athletes on one hand (Carl Lewis still being the most referenced) an indicator that it may not be the best diet for optimal performance?

WHAT THE EVIDENCE SAYS

It’s well established that for the general,



MATT’S PLANT-BASED SNACKS:
To replace glycogen and have some fats as well, I’ll have a bagel and avocado. Or a smoothie including almond milk, banana and some hemp protein.

Is going green the best diet for performance?

non-running population, vegetarian diets are linked to lower death rates from lifestyle diseases (type 2 diabetes, cancer and heart disease) and a healthier weight. But few studies have looked at the links between vegetarian diets and performance in athletes.

There is of course much anecdotal evidence of athletic success with vegan diets, and as early as the 1890s, vegetarian long-distance walkers in the United States and Great Britain were noted to have

performed as well as, if not better than, their meat-eating peers. In fact one of the first men to complete a sub 2hr 30mins marathon, in 1912, was vegan.

POTENTIAL BENEFITS

One of the downsides of intense exercise, as many runners will know, is that it challenges the body’s immunity. Upper respiratory infections are particularly troublesome for many athletes. This is where the plant-based diet may demonstrate its biggest benefits. A vegan

HOW BEING VEGAN WORKS FOR YOU



Matt Bevan, 33, a seasoned ultra-marathon runner, thinks that transitioning to a plant-based diet has helped him to stay feeling fitter, fresher and achieve quicker times

“At the age of 23, I was a 25-a-day smoker and drank way in excess. I weighed 16st 10 and had what I would call a fairly ‘standard’ Western diet: meat, eggs and dairy were a big part of my diet. I started to run and as my training miles increased, I took more of an interest in diet and read a few books to see what others were doing (Brendan Brazier’s *Thrive*; Scott Jurek’s *Eat and Run*). I self-experimented and slowly started to realise that some foods would make me feel great, and others would wipe me out, and my training effort would be poor. Red meat always made me feel tired and my legs would be like lead the

day after eating it, for instance.

“Although a big part of me moving to eating a fully-plant based diet was due to my views on farming methods and animal rights, since I’ve transitioned to a fully plant-based diet, my capability of taking on longer runs or running day after day has improved. I feel fresher, more alert and have fewer ups and downs in terms of wanting or not wanting to run.

“My biggest concern is getting enough calories in as I run around 70 miles a week. But I concentrate on fat dense foods like avocados, nuts and seeds, which seems to be doing the job as my weight rarely fluctuates as it had done prior to going fully plant-based.”



Rebecca Lane, the logistical vegan, discovered that not only was it practical to cut out meat, but her performance excelled

“I started eating a vegetarian diet last year when I moved house. It was a purely logistical issue that if I was cooking for two or three days in one session, I felt better about not putting meat in (and reducing the risk of the food going off). But suddenly I felt better, weight was coming off and I was getting better times. The more I started to read about being vegetarian, the more I was exposed to the ethical concerns of the animal industry. I took part in ‘Veganuary’ and have stayed with it since. Since starting the journey I feel healthier, my run times are decreasing and my stamina is improving. I ran the North London Half marathon last month and I knocked five minutes off my previous best.”

“My biggest concern is also getting enough calories. But from the day I worked out how to make vegan cake, this ceased to be a worry for me! There are times when finding vegan food is impossible and, for example, if I am with a client I will eat vegetarian food if there’s no alternative.

However I’ve also learnt that there are no ‘vegan police’ and I do the best I can.”



Damien Clark writes a blog at www.veganrunneruk.wordpress.com and attributes much of his weight loss and physical and mental wellbeing to a vegan diet

“I was a vegetarian before, but when I went vegan I realised how much more efficient my body was running on plants, grains and fruits. It was a real revelation. Whatever your diet, I encourage you to eat more plants and lots more fruit. I believe going vegan is a key reason I have improved quickly as a runner. A high-carb vegan diet rich in fruits and vegetables of over 3000 calories a day has seen me lose 7kg, my recovery and energy levels are great and the PBs keep coming my way!”



Nuts, seeds, beans and lentils all contain immunity-enhancing properties

REBECCA'S PLANT-BASED SNACK:

My favourite snack is crumpets with the Lotus Biscoff spread, and my favourite post-run meal is currently spinach, mushroom and aubergine burritos with guacamole.

One of the first men to complete a sub 2hr 30mins marathon was vegan

DAMIEN'S PLANT-BASED SNACKS:

My pre-run meal is peanut butter on toast, or porridge. Post-run, I like to have some nuts and dried fruit; or I'll have a smoothie with almond, banana, cocoa and maple syrup.

diet tends to be high in antioxidant-rich fruit and vegetables, nuts and seeds, beans, lentils and whole grains, all of which contain immunity-enhancing phytochemicals which

help to protect against

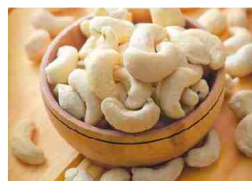
infection. Vegan diets also tend to have a healthier balance of omega-6 to omega-3 fatty acids. These omega 3s found in flax, hemp, chia, pumpkin and sunflower seeds contribute to a stronger immune system, as well as reducing inflammation in muscles and joints.

The typical meat-rich western diet on the other hand tends to be higher in fats, particularly the omega-6 fatty acids (found in animal fats and dairy as well as junk food) which has been linked to inflammation in the body – not good news for runners. In fact, it's been shown that people who have a high intake of red meat have greater inflammatory substances in their bodies than people who eat mainly vegetable protein.



THE FLIP SIDE

But it's not all good news. If careful attention is not paid to certain food groups and nutrients, the vegan diet could be lacking in some nutrients essential for runners. The American College of Sports Medicine recommends that runners pay particular attention to the following nutrients to prevent any nutritional deficiencies:



IRON The iron requirement for those training intensely is higher than for the general population, and vegans need to take extra care to make sure they're getting enough iron, as vegetable sources of iron are not as well absorbed as animal sources (in fact vegetarians and vegans have twice the iron requirement as meat-eaters for this reason). That's not to say you can't get enough with a bit of focus – lentils, chickpeas, kidney beans, almonds and cashew nuts and green leafy veg are all good sources. It's estimated that iron-deficiency (anaemia) could be as high as 50 per cent in female athletes, so it's especially important for vegan female

runners to ensure they're getting enough iron and supplements if tests show low iron levels.



ZINC Zinc is essential for immune function and like iron, is harder to absorb from plant sources. This is because certain foods high in zinc like beans, nuts and seeds also contain a substance called phytate which prevents the absorption of zinc – so even if plenty of zinc-rich plant foods are eaten, it may not actually be absorbed. Soaking and sprouting beans, grains, and seeds, and using grain products that rise (for example, bread instead of crackers) reduces the level of phytate but it may be also be advisable for vegan athletes to take a zinc supplement.

B12 Vegans have lower levels of vitamin B12 than vegetarians who eat dairy and eggs, or flexitarians who occasionally eat meat. As B12 is essential for a healthy nervous system and blood regulation, this may affect athletic performance and energy. Although vegans can get sufficient intake from regular intake



of fortified foods like soy products and vegetable extracts or yeast spreads, it's commonly recommended that vegans take a B12 supplement.

PROTEIN Vegans will no doubt be fed up of being asked 'where do you get your protein?' Although legumes, grains, nuts and seeds contain protein, they do not provide the ideal mix of amino acids that the body needs in one go, so they are said to be 'incomplete'. Plant sources of



protein are also harder for the body to digest. However, eating the right combination of plant proteins can give the right mix of amino acids. Wholewheat bread and peanut butter, or beans and rice for example, are complementary proteins. These proteins don't need to be eaten at the same meal, so as long as a range of vegetable proteins are eaten throughout the day, the right balance can be achieved. Is it time you went vegan?

PERFECT FIT

Wearing the correct type of sports bra is essential for comfortable and confident running. **OUR EXPERTS EXPLAIN** what to look for and how to choose a bra that's perfect for you

“Most people think the first item they need to buy before they start running is a pair of trainers – but (for women) joint top of that list is a sports bra,” explains Boobydoo director Charly Wright. “Proper support for your breasts will not only improve your confidence, but will help you run better, by reducing bounce and uncomfortable chaffing. When we are running, we don't want to be worrying about our breasts popping out, jiggling, or worse – hurting! The focus should be on our pace, our route and how great it feels to sweat!”

TYPES OF SPORTS BRA

There are two main types of sports bras: compression and encapsulation. Compression bras compress the breast against the chest wall reducing movement. Encapsulation sports bras encapsulate the breasts individually and provide support from beneath. No support method is better than the other, it just depends what you like, and what feels most supportive and comfortable. It is, however, worth getting a thorough fitting so you know what your size is – and be aware that your size may change depending on the design.

“It can be a little overwhelming and frustrating when you think you know your bra size and then a new bra doesn't fit! The type of bra you should wear depends on two factors, your cup size and the type of activity you do,” adds Charly. “Most bras are either low, medium, high or maximum impact. The larger the cup size then the higher the support level is required, but it's also important to feel comfortable.”

Encapsulation bras have defined cups for

each breast. This type of bra is good for supporting bigger busts, as well as enhancing shape. Compression bras have one compartment for the breasts, and compress your bust firmly to your chest to reduce movement and provide support.

BREAST HEALTH IS KEY

“Exercising without wearing a sports bra can cause damage to breast tissue, which can cause your breasts to sag and droop,” explains Charly. “To prevent this, you need to minimise bounce. Fortunately, a sports bra can help to minimise bounce by up to 83 per cent – helping to keep your breasts in great shape.”

Without the correct support, damage over time can result in Coopers Ligaments losing their elasticity, resulting in pendulum-shaped breasts. Breasts are made up of fatty tissue supported by skin and Coopers Ligaments, which both maintain structure. The bad news is Coopers Ligaments are not repairable, and no amount of toning will restore them.

“The Cooper's Ligament is the tissue in your breasts that helps them stay uplifted,” adds Charly. “Damage can cause sagging breasts. Many women will have little idea regarding the true damage unsupported breasts can have in the long term.”

The good news is, if we support our breasts correctly, we can slow this process down and keep our breasts perky! Everyday bras do provide some support; however, sports bras provide optimal support when running and minimal movement, so it's vital to wear a good sports bra when running/training.

Even if your bust is smaller, research carried out by the University of Portsmouth

reveals that an A cup breast moves 4cm when walking, so you can imagine how this is increased when running. Proving the point that all breasts, no matter how small, need support when you are active.

GETTING THE RIGHT FIT

Wearing a sports bra will help prevent long term injuries and shoulder and back pain. Women with larger breasts often complain of strains to their shoulders and back. This can be helped by wearing well engineered, supportive sports bra that will take the strain away.

Most women tend to wear a bra that's too big on the band, which is one of the main reasons for drooping breasts. As the band inches up, the cups sag, and support is lost. Your sports bra should fit firmly on the band, with just enough room around the back and sides to run two fingers around. The back band should sit horizontally across your body and feel nice and snug, but not restrict your breathing.

There should be no bunching or wrinkling in the cups. If there is, the cup is too big.

If a treadmill is available in your running store, go for a short run to do the bounce test, otherwise, jog on the spot. This will determine if the bra is giving you enough support for running. Movement of the breasts should be minimal.

Finally, the aesthetics of the sports bra is down to personal choice. A traditional hook and eye back bra will be easy to get on and off, although most women get more support from a crossover-back bra. Try both to see which you prefer.



With thanks to experts from Moving Comfort (movingcomfort.com) and Boobydoo (boobydoo.co.uk).

DID YOU KNOW?

44 PER CENT OF WOMEN DO NOT WEAR A SPORTS BRA. OF THOSE THAT DO, **80 PER CENT OF WOMEN** DON'T WEAR THE RIGHT SIZED BRA!

Top tip

"No bra should have a birthday! A sports bra that has ran as many miles as you, won't be giving you adequate support. It's good to replace your sports bra every 6-12 months. You can use the hook and eyes as a guide - each set should last around two months."

Charly Wright, *director,*
Boobydoo

TURN THE PAGE
for our selection
of some
great bras ➤

STYLISH SUPPORT

A good sports bra is essential, and here's an array of options to suit every woman



» **FREYA ACTIVE SOFT CUP £28.99**

Lifts, shapes and supports without compressing. If you like an underwire sports bra, this one is for you. Very soft fabric. Suitable for running, cycling or cross-training.

www.boobydoo.co.uk

**Running
Fitness**
**ED'S PICK OF
THE MONTH**



» **ANITA £48**

This is a maximum support bra. It's very snug, comfortable and has a light fit for such a supportive bra. No bounce, rubbing and it's super lightweight.

www.lessbounce.com



» **CAKE LINGERIE, ORANGE ZEST NURSING SPORTS BRA £44**

Exercise whilst pregnant offers a variety of benefits, so it's great to see sportswear made specifically for women who want to continue this into pregnancy. Cake Lingerie's new Orange Zest bra is supportive, comfortable and has straps that allow you to breast feed. Great for gentle exercise, or just wearing at home!

www.cakelingerie.com



» PANACHE ULTIMATE £38

Strong support, smooth and soft design. Great stability, and best for larger busts. Light, microfibre fabric absorbs sweat. Wear running, spinning or cross-training.

www.boobydoo.co.uk



» FALKE VERSATILE £55

Supportive, stylish, and very comfortable to run in with sufficient coverage to wear on its own in the gym. Zip front is great for combining swim with gym workouts. An excellent bra.

www.lessbounce.com



» SHOCK ABSORBER RUN £39.95

A top seller, this support bra now comes with reflective strips for high visibility. Ideal all-round running bra. Infinity-8 system prevents the breasts' figure-of-eight movement.

www.boobydoo.co.uk



» MOVING COMFORT JUBRALEE £38

Strong support bra with reinforced cup support. Similar design to the Fiona, with adjustable velcro straps. The perfect high intensity training running bra.

www.movingcomfort.co.uk



» MOVING COMFORT FIONA £32

Very stable, supportive bra with smaller moulded cups. The bra features front-adjustable velcro straps with concealed hook-and-loop closure, which helps you really create the best fit.

www.movingcomfort.co.uk



» ADIDAS £33

High-support bra, very soft and supportive, and made with climacool® ventilation to help keep you cool and dry. Comfortable cross-back straps. Best for endurance runs or cross-training.

www.adidas.co.uk



» BOOM BOOM ATHLETICA £55

Feminine, chic and comfortable. The double back straps offer good support, but suits smaller cup size. Ideal for running, yoga or Pilates. Plus you can wear this one all day.

www.boomboomathletica.com



» DHB LETHO £14.99

Medium support, reflective detailing, with wicking fabric and mesh inserts to absorb sweat quickly. Suits small/average bust size. Ideal for easy runs, cross training or gym work/Pilates.

www.wiggle.co.uk



» ODLO MEDIUM CROSSBACK £35

This all-in-one bra, Odlo Crossback, is a medium support bra, which is soft and stylish. It provides the perfect support for treadmill running and easy runs.

www.odlo.co.uk



DO YOU HAVE A FAVOURITE PIECE OF KIT? Join our running community at: Twitter: @Runfitmag or Facebook: [facebook.com/RunningFitness](https://www.facebook.com/RunningFitness)



DR. YVETTE BRINDLE

Running with hay fever

Does the thought of summer fill you with dread over **ALLERGIES**? Exercise, in fact, could be your saviour

Summer has arrived! But while some runners will be welcoming the lengthening and gorgeous sunny days, there will be others greeting the season with dread!

Hay fever, otherwise known as 'seasonal rhinitis', is a common allergic condition, affecting up to a quarter of us at some point in our lives. It is an allergy to pollen, the fine powder produced by plants, trees or flowers when they are fertilising.

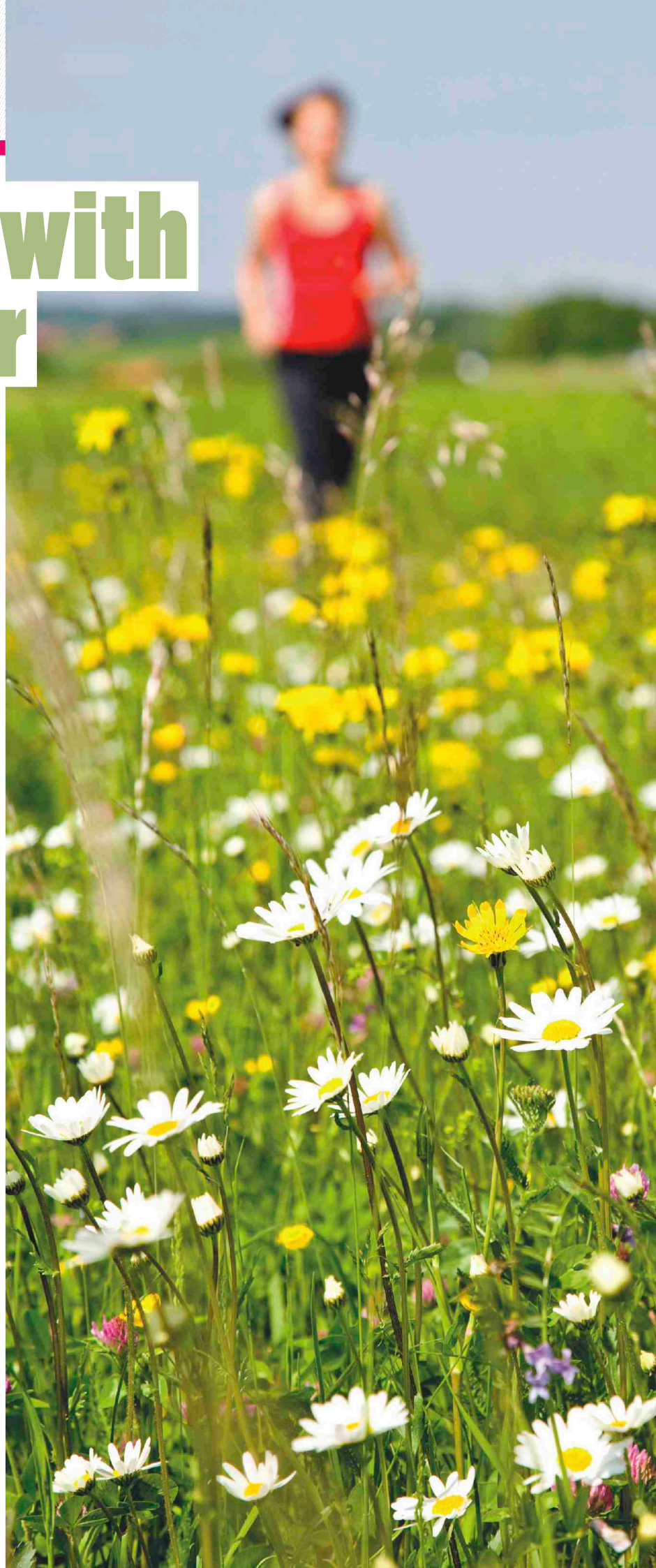
People can be allergic to one or many different types of pollen, and the severity of their symptoms will correlate to when the levels are highest. Tree pollens tend to peak around March to May, with Birch tree pollen being the first to appear. Grass pollen allergy, which is by far the commonest, begins around May to July.

Hay fever is not just a condition which starts in childhood; sadly you are never too old to develop it. In fact, in the next five to 10 years, it is estimated that around half a million more middle-aged people will develop the condition.

WHY DOES IT HAPPEN?

So here comes the science part. Allergy occurs when the body recognises something as 'foreign' and mounts an immune response to defend against it. With hay fever, the immune system reacts to pollen as if it is an enemy and launches an attack, releasing histamine and other chemicals. It is not clear why some people's bodies react in this way and others don't, but we do know that allergy sufferers in general are said to be 'atopic'. 'Atopy' is a genetic predisposition of an individual to respond to allergens the environment. It is linked with eczema and asthma, and sufferers of hay fever are more likely to develop these conditions.

In the next 5-10 years, it is estimated that around half a million more middle-aged people will develop the condition



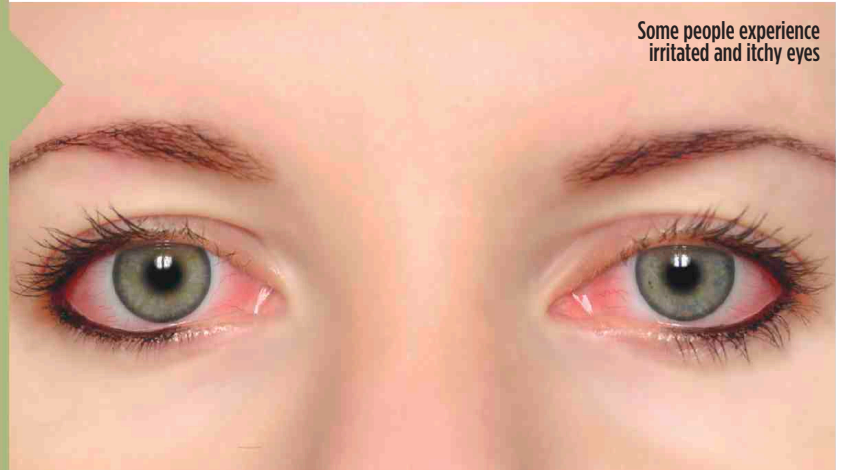
Those prone to hay fever can start to suffer from March, when tree pollen begins to peak

What are the symptoms?

The symptoms of hay fever do vary from person to person, and in their severity. They tend to include:

- » SNEEZING
- » RUNNY OR A BLOCKED NOSE
- » CONGESTION
- » SORE THROAT
- » ITCHY AND IRRITATED EYES.

Histamine and other chemicals cause swelling along the respiratory passageways, increasing their production of mucus, which acts a 'protective barrier' for the body. This reaction can affect the enjoyment of summer, and for runners, it can limit the joy of outdoor running, or even put a temporary end to it until the pollen season finishes.



Some people experience irritated and itchy eyes

HOW DO WE TREAT HAY FEVER?

Unfortunately, there is no cure for hay fever and it can be difficult to minimise your exposure to pollen during the summer months, especially if you live in the countryside. If you enjoy running outdoors, the pollen can be particularly troublesome. Before we look at what medications are available, here are some first line measures that will help ease some of the symptoms of hay fever and help minimise the discomfort:

1 TRY TO AVOID RUNNING DURING THE PEAK POLLEN TIMES. These are early morning (7am - 10am) and late afternoon (4pm - 7pm), when the pollen is said to 'rise' and 'fall'

2 TRY TO AVOID RUNNING IN PLACES WITH A HIGH AIR-POLLUTION COUNT. Although pollen levels may be lower in urban areas, pollution in large cities can actually aggravate symptoms

3 KEEP AN EYE ON THE POLLEN FORECAST. When the levels are high, don't dry your sports clothes outside

4 WEAR WRAPAROUND SUNGLASSES when you run to protect your eyes from the pollen

5 APPLY A THIN LAYER OF VASELINE JUST INSIDE YOUR NOSTRILS BEFORE YOU SET OFF. The pollen will hopefully stick to this rather than be inhaled

6 FINALLY, TAKE A SHOWER AFTER YOUR RUN, and wash your hair and clothes to rid them of pollen.

These measures alone are unlikely to banish your symptoms, but they are certainly a good starting point. When it comes to medication, most treatments that are prescribed by your GP can be purchased over the counter for a fraction of the cost. We can split the types of treatment up oral and topical.

ORAL ANTIHISTAMINES

As the name suggests, these medications block the actions of histamine. They come in both sedating and non-sedating forms. If symptoms are leaving you with a disturbed night's sleep, then opting for a sedating anti-histamine may be best. However, if you are on the go in the day, it is sensible to opt for the non-sedating forms.

Histamines can be used as an 'as required' treatment, when you first notice the symptoms starting. However, they are better used as a preventative treatment, before you leave home in the morning. There are many different ones available; the most commonly used are cetirizine, loratadine, and chloramphenamine (Piriton).

TOPICAL TREATMENTS

These are applied directly to the nose or the eyes, preventing the pollen from triggering a reaction. They contain anti-inflammatory medication, some of which are steroids, reducing swelling and irritation. If used correctly, these are very effective medications at controlling symptoms, reducing nasal congestion, and combating itchy, sore eyes. Again, they can mostly be bought over the counter, but there are some nasal sprays which are prescription only. Eye drops most often contain sodium chromoglycate, which can cause some stinging when first applied, but this usually settles within a minute or two.

Additional medications are available from

your GP, so if you've exhausted all of the above, it is worth seeking their advice. I would suggest speaking your pharmacist initially, as they are best placed to talk you through what is available and how best to use treatments. If you want more information, take a look at these websites:

- » www.nhs.uk/livewell/hayfever
- » www.patient.co.uk/health/hay-fever-leaflet
- » www.allergyuk.org/hayfever-and-allergic-rhinitis

On a final note, evidence suggests exercise does help reduce the severity of symptoms, so don't give up on your running!



Dr. Yvette Brindle is a General Practitioner in Chester. She is trained in women's health and has a keen interest in running, fitness well-being, weight control and nutrition. She enjoys running with her local group and entering races for charity.



Our team of experts are on hand to answer your **RUNNING-RELATED QUESTIONS**, from training to nutrition, health to injury prevention

ASK *the* EXPERTS:

HOW DO YOU FUEL CORRECTLY FOR A MARATHON?

Q I'm running the Paris Marathon and I am confused about how much to drink and eat during the race. I don't like gels and prefer a sports drink to plain water. I'll carry my own drink and fuel, but I don't know how much to have, or when to drink and eat? Can you advise me, and is there a really simple guide or way of knowing how to get it right?

**Thanks in advance,
Polly Wright**



A You're not alone in feeling confused. With so much science and information available, it is hard to know what you should be doing. The choice between sports drinks and water can be tricky, especially if you cannot be sure of what you will be offered or how often. Sports drinks are a great source of fluid and carbohydrate but many can be too concentrated and cause stomach problems. Find out what drinks will be available to you and try them out on your runs beforehand.

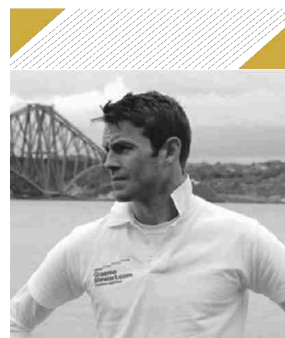
If the drinks have more than four per cent carbohydrate (i.e. 4g per 100ml on the label), I'd recommend alternating water and energy drinks at each aid station or sticking to water. If they offer a specific during exercise hydration drink (like OSMO Active Hydration) then you can take this at every aid station.

How much to drink varies a lot

depending on pace and weather. A good rule of thumb is to use your thirst as a guide, but drink little and often, avoiding large amounts at once as this can give you a stitch. If it's cool then 200-400ml may be sufficient, rising to 400-800ml in warmer conditions.

Even if it is very hot you should avoid drinking much more than this as it can cause hyponatremia, a potentially very serious condition where your body loses its ability to control salt levels. It is normal to finish a marathon dehydrated to some extent, and in many ways our bodies have evolved to deal with dehydration better than excess fluid consumption.

The best way to get extra calories is by taking small bites of an energy bar or energy chews every 20-30 minutes. The key is to keep it simple and practise your nutrition and hydration strategy as often as possible on your long runs. Take more if you feel you need it, but listen to your body. Good luck!



NUTRITION GRAEME STEWART

A coach and triathlete with a PhD in biochemistry, Graeme is in the top 10 fastest Britons over the iron distance and holds a UKCC level 3 qualification. Graeme enjoys writing and talking about sport as much as competing.
www.graemestewart.com

You need more than just water if you're going to replace lost electrolytes



MY LIPS TURN BLUE!

Q I'm training for my second marathon and a couple of things are cropping up on my long runs. I do push myself hard. Other running buddies have noticed my lips go purple/blue at the end of a long run. I don't feel cold at that time but I do feel unwell for several hours after. I also feel sick from about mile 7/8. I'm confident I'm not going to be sick but it is horrible. I try to take on water which makes it slightly worse, but I know I have to hydrate. I have started using shot blocks and SiS gels which are kinder on my tummy, but I still feel sick.

I would love to sort out this issue to make my long runs more pleasant. I'm not great at hydrating generally.

Lindsay H



RUN COACH **SARAH RUSSELL**

Sarah is consultant editor of *Running Fitness*, has a Masters degree in sport science and 22 years experience as a coach, writer and athlete. She is a qualified England Athletics coach, mentor and presenter.

Follow her on Twitter @runfitsarah

A I suspect (and you say this yourself) that you're pushing yourself too hard a lot of the time. The marathon needs to be done at an easy pace, where you're working well within your aerobic capacity and it's really only the final six to eight miles where it will become hard. If you're feeling unwell and exhausted post-run and race, I'd suggest you're working closer to threshold pace, and that's not

sustainable for a marathon.

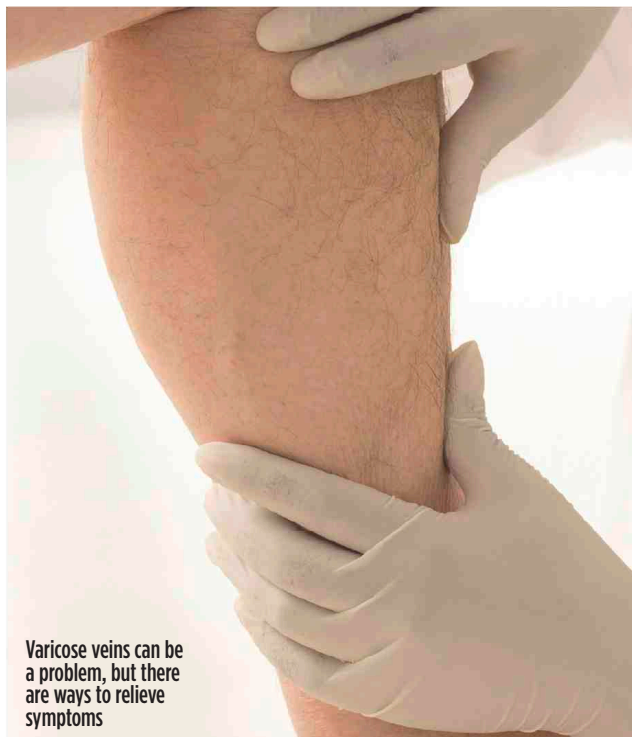
Since there's still time to adjust your long run and target marathon pace, I'd think about dropping the pace by 30 seconds per mile. Try training with HR as well and stick to 70-75 per cent of your maximum heart rate. I think you'll find you're closer to 80-85 per cent at your 'normal' set pace, currently. This way you should find you don't get a drop off of pace in the final six to eighth miles, and finish feeling better.

The biggest thing that strikes me though is your mention of hydration.

Blue lips is a sure sign of low electrolytes – sodium and potassium – and I'd guarantee the reason you feel so ill. Even though you might be drinking water, you're not replacing the electrolytes you lose through sweat. There are three products on the market I'd recommend which will provide the right balance of electrolytes, but not too many calories or sugar and shouldn't give you a tummy upset. There is time to get it sorted before marathon day, so I'd suggest you get hold of some drinks try them out and see how you get on.

Sodium replacement is important. Certain products aren't easily absorbed, and whilst they may contain electrolytes, they don't have any sugar which is essential for osmolality (absorption across the gut wall).

In terms of carrying it in the marathon, you can either use a Camelback hydration pack, or try making up 500ml of fluid into a throw away bottle, then sip it over the first eight miles. Continue with Shot Blocks and water. OSMO pre-load will be great for you too.



Varicose veins can be a problem, but there are ways to relieve symptoms

VARICOSE VEINS

Q Can varicose veins affect a runner's performance? For the last three years my legs have increasingly been getting more and more varicose veins in the lower parts of my legs. This ties-in with my running performances getting worse. I'm training for a marathon at the moment (I have completed 11 marathons since 2008). My legs feel very heavy and I don't seem to have the energy to run long distances. I am 71 years old but keep very fit and carry no excess weight. I have a gluten-free diet as I have an intolerance to gluten.

Any help would be appreciated.

David Jenkins

A Thanks for your question David. Firstly, I would like to say congratulations. Completing 11 marathons in seven years is incredible, well done.

Varicose veins can certainly present with some of the symptoms you are experiencing and unfortunately, they do become more prevalent as we get older. Varicose veins are tortuous, swollen veins, which affect roughly one in 25 of us at some point in our lives. They may in fact be more prevalent than this, as many people do not report them to their doctor.

Veins become varicose when the tiny valves within them, which prevent blood flowing the wrong way, become weakened or damaged. When we stand upright, the blood in the veins can start to pool with gravity and the job of these valves is to encourage it to continue to flow in the right direction back to the heart. The valves can become damaged for a number of different reasons, and in some people, they may be absent altogether.

Some of the risk factors for

developing varicose veins include:

- » **GENETIC FACTORS** (they can run in families)
- » **BEING OVERWEIGHT**
- » **PREGNANCY**
- » **STANDING A LOT**
- » **INCREASING AGE**
- » **A PREVIOUS BLOOD CLOT IN THE LEG** (known as a 'deep vein thrombosis').

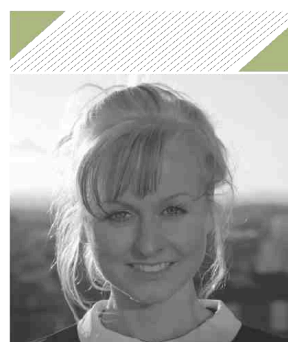
As I mentioned earlier, some of the symptoms you are experiencing could be attributed to varicose veins, and this may in turn be affecting your running performance. Many people have no symptoms at all, but large varicosities can cause an 'achey' discomfort and the legs can feel heavy, particularly towards the end of the day. They may also itch. Rarely, their presence can lead to the development of skin changes, such as eczema and ulceration, and they can bleed.

It would be worth arranging a

consultation with your GP to discuss your symptoms. They certainly could be due to your veins, but you also mentioned intolerance to gluten. It would be worth having a blood test arranged to ensure you are not anaemic, and to make sure you have all the right vitamins on board. We regularly do blood tests on patients with Coeliac disease and keep a check on their bone health.

If your GP suspects your symptoms are due to your veins, he or she may recommend you try wearing compression stockings (for the times you aren't running). They would encourage you to continue with your running, but advise you to elevate your legs when resting. If you suffer with any complications from your veins, such as bleeding, or skin ulceration, there are surgical treatments available to remove the affected veins. Unfortunately, removal of the veins for cosmetic reasons alone is not available on the NHS, but this can be arranged privately.

I hope you have found this helpful and are able to continue with your running for many years to come!



HEALTH DR. YVETTE BRINDLE

Dr. Yvette Brindle is a General Practitioner in Chester. She is trained in women's health and has a keen interest in running, fitness well-being, weight control and nutrition. She enjoys running with her local group and entering races for charity.



DO YOU HAVE A QUESTION? Email the team at rf.ed@kelsey.co.uk
Twitter: [@Runfitmag](https://twitter.com/Runfitmag) Facebook: facebook.com/RunningFitness



JIGSAW PUZZLE

Running is like a jigsaw puzzle. Yes, really! We show you how putting the **PIECES TOGETHER** can turn your performance and happiness around

Success in running is like a giant jigsaw puzzle. There are lots of pieces that need to go into the mix, and your own personal 'recipe' will be unique to you.

It's the combination of how you put those pieces together that will determine just how successful you'll be, and surprisingly 'training' is actually only a tiny part of the puzzle.

British Cycling has gone through a metamorphosis in recent years under the watchful eye of performance director, Dave Brailsford. His iconic – yet common sense – principle of 'marginal gains' is one we

can all learn from. Very much like our 'jigsaw puzzle' for running, Brailsford gets his cyclists to focus on the importance of many tiny extra things that, when you put them together, can be the difference between winning Olympic Gold or not.

Our Olympic cyclists might train for 35 hours a week, but it's the tiny details like washing their hands properly (so they get ill less often), having the right pillow to sleep on, wearing recovery compression clothes, taking supplements and making the right nutrition choices that all add up to success.

Here are six puzzle pieces to make you a better runner.



1

NUTRITION

Good sports nutrition can truly be make or break for your running. Aim for 50 per cent carbs, 30 per cent protein and 20 per cent fat in your normal training diet. Most of us overeat on carbs, so work harder to include good sources of protein in your diet (chicken, tuna, beans, nuts, etc) and drip feed small amounts during the day at every meal or snack.

Recovery nutrition is probably the most important part of the jigsaw puzzle; overlooked by many runners, it can make a huge difference

to your ability to recover and train again the following day. You have a 'golden window' 30-60 minutes after exercise where your body is most receptive to re-fuelling. Aim for a snack or meal containing 3:1 ratio of carbs to protein to help restock your glycogen and boost recovery.

MAKE IT WORK

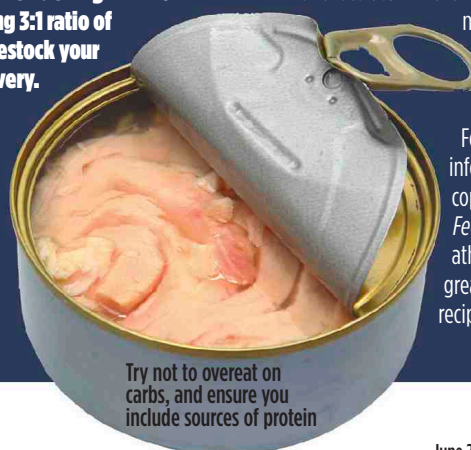
Try using an app such as My Fitness Pal (myfitnesspal.com) to help analyse the balance of carbs and protein in your diet.

To hit that post exercise

golden window, try a recovery drink such as For Goodness Shakes or OSMO Acute Recovery, which has the right balance of carbs to protein; or just try 500ml of chocolate milkshake. Post-exercise

nutrition is especially important after a long run, race, circuit or speed work.

For some extra information, pick up a copy of Skatch Labs *The Feedzone Cookbook* for athletes, which has some great tips and recipes.



Try not to overeat on carbs, and ensure you include sources of protein

zzz

2

SLEEP

We all know that sleep is important; it's when your body has the chance to recover and repair, and it is essential for life. Whether or not you get eight hours is very personal – some people will need more and some need less. You may find that the more you train, the more sleep you need. It's your body's way of making sure you balance the stress of training. So be warned – skimp on sleep and your body may break down or you'll get ill.

MAKE IT WORK

Try a sleep monitor (sleeprate.com), which uses your smartphone and a heart-rate monitor strap to track sleep quality. Make an effort to get to bed at a similar time each night and try a 'lumie' light (lumie.com) to wake you naturally in the morning.

It's normal to have a restless night after a long run or race, so try to catnap the following day to catch up. Late evening training can also keep you awake.

You'll find some top tips on how to get better sleep at sleepfoundation.org

3

FOAM ROLLING AND MASSAGE

Foam rolling is one of THE best ways to keep niggles at bay, loosen tight muscles and get your body moving more freely.

It's a form of self massage and combined with regular treatments from a massage therapist, can keep you on the road and prevent a whole host of injuries.

MAKE IT WORK

Foam rolling is only as effective as your technique, and many runners don't get the most out of their roller. Common mistakes are rolling too fast or hard, or having the body in the wrong position. Check out 'TP Therapy Tuesday' on YouTube for some great instructional videos using the Grid Roller and Trigger Point Ball. Slow down and work up towards the body from the ankle or the knee. Roll up two inches and down one inch, and repeat slowly working up the muscle. Most runners need to focus on quads, calves and working a ball through the glutes. Stay off the ITB and spend around 20 minutes per day working through those muscles groups. The more you run, the more you'll need to foam roll! Joy!

Learn to use your foam roller, and you'll run more freely

Kettlebells and dumbbells are great for strength training

4

HYDRATION

Being chronically dehydrated can make you feel sluggish and fatigued, which will affect your training and also increase your risk of injury. Around 75 per cent of the population is chronically dehydrated, and most of us don't drink enough fluid during the day – you probably don't even realise it. If your urine is dark in colour then you're dehydrated. Aim for pale straw colour (not completely clear) which is a sign of good hydration.

Avoid over drinking during a race or long run, however, as hyponatremia (a rare yet fatal condition where you flush out your body salts by drinking too much) is becoming more of a concern.

MAKE IT WORK

Try to increase your fluid intake by sipping small amounts more often during the day. When it comes to exercise, choose a drink containing electrolytes (but without excess sugar) and aim for around 200-600 ml per hour, then re-hydrate well afterwards.

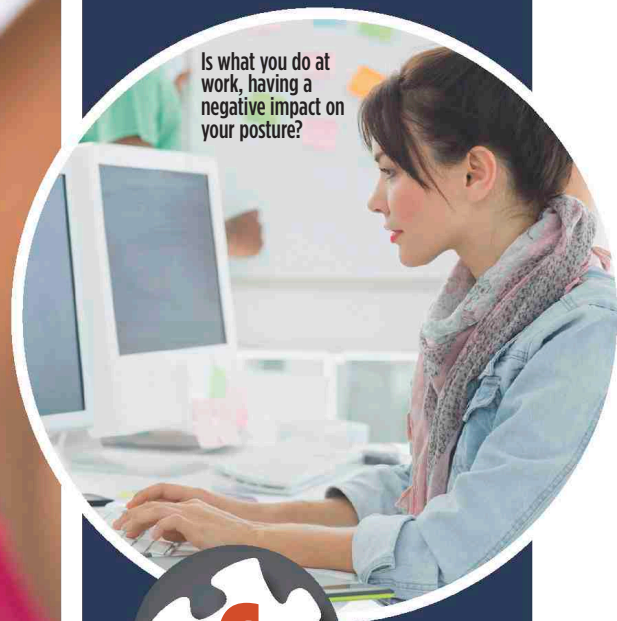
On a day to day basis, try using the clever Hydracoach (hydracoach.co.uk) to analyse your fluid needs and intake.

During training or races, use a drink containing the right balance of glucose and electrolytes, and avoid sugary sports drinks.



JOIN THE COMMUNITY

Join our supportive community online and share your journey with like-minded runners



Is what you do at work, having a negative impact on your posture?



YOUR JOB

Sitting at a desk all day is a killer for your running. Hip flexors tighten up, glutes switch off and your thoracic spine becomes stiff. Equally, standing all day (in a shop, for example) can have a negative impact on your posture and feet – especially if you wear high heels. And if you have a very active manual job, then you might be at risk of overuse injuries carrying bricks, sawing wood or painting walls etc.

MAKE IT WORK

Whilst you can't change your job, you can be more aware of posture, footwear and how you move or carry things. Simple changes such as wearing supportive shoes instead of high heels, using a proper rucksack instead of a handbag, and being aware of your lifting and carrying technique are all pieces you can focus on in your jigsaw puzzle.

Desk workers can make the effort to get up every 30 minutes, have a stretch and a walk around and look at changing your chair (see our review of the Bambach Seat on page 37) or try a 'sit-stand' desk.

Everything you do, has an impact on how you run, recover, perform and achieve



STRENGTH AND CONDITIONING

Most runners don't do enough strength and conditioning work, yet it's probably the most important piece of the jigsaw in terms of injury prevention. We all know that strong, resilient muscles and joints will help withstand the forces from running and reduce our risk of injury, so why don't we do enough of it?

Most runners are unsure of what to do or find it boring. But it's worth making the effort, as strength and conditioning sessions will have a huge impact on your injury risk as well as your performance.

MAKE IT WORK

Forget the gym. Invest in a few simple pieces to use at home – a TRX suspension trainer, kettle bell, some dumbbells, a fit ball and a bosu. All you need to do is 15-20 minutes of basic strength work 2-3 times a week and you'll soon notice more power in your running and fewer injuries too! Grab a copy of the *Pop Up Gym* by John Denoris for some great workouts.

Finally don't neglect basic rehab exercises; most runners are weak through their glutes, especially glute medius. Some simple hip hitching, clams and side leg lifts every other day will make a huge difference. Get some advice from someone who knows about rehab and corrective exercise.

FINAL WORD

Every one of you will have different needs and different pieces of the puzzle to put in place. The pieces will also vary depending on your stage of life, running goals, age and health. Some runners will need to give more attention to sleep if they have a young family. Older runners might need more massage and foam rolling, and office workers might need to spend more time doing strength work. And as your training volume increases, you'll need to give more

thought to all of your puzzle pieces.

Training really is only a tiny part of the big picture and running is not an activity in isolation. Everything you do, eat, drink and wear will have an impact on how you run, recover, perform and achieve.

You might not be an Olympic cyclist, but you can certainly learn from their approach. Give as much attention to the peripheral details as you do to running, and you'll find you'll be able to train more, recover quicker and get faster.



Are you breathing?

It might sound silly, but so many of us don't make full use of our lungs while running. But a small change, and the **INTRODUCTION OF YOGA**, can teach you how to breathe correctly and run better **WORDS** Siobhan Curtis

When did you last think about your breath? Many of us do not think about consciously breathing throughout the day, let alone during sporting activities. But becoming more aware of our breathing means we can use this to improve our physical performance.

"LEARN HOW TO EXHALE, THE INHALE WILL TAKE CARE OF ITSELF"

In yoga we start with the breath first. My classes begin with 12 focused breaths, to still the mind and set intention. We breathe in and out through the nose, and rather than just inhaling into our lungs, we draw that inhale deep down into the stomach so that when we finally exhale, we do so consciously, sending the full breath back out again.

THE INHALE

Inhalation is vital for oxygenation of the body. If you think about how long we can survive without food (weeks) and how long we can survive without water (days), it puts the importance of breathing into focus. Without oxygen we will die within a few minutes.

Oxygen is needed for the brain, muscle tissue and the organs to function correctly. A lack of oxygen at the very least can result in mental sluggishness or at a more extreme

level, result in illness and death. Oxygen is also vital for tissue repair, and so too our athletic recovery. If we are fully oxygenated we are less fatigued and more mentally alert.

It is also necessary for the production of Adenosine Triphosphate (ATP), an energy-bearing molecule found in all living cells and considered by biologists to be the energy currency of life. So good breath work before a run is just as important as physically warming up.

As you start your warm-up prior to any physical activity, try to focus on exhaling fully and effectively so that the subsequent inhalation that follows will be effective at oxygenating your circulatory system.

THE EXHALE

People often hyperventilate or panic at the race start because they cannot draw in enough air. This is almost always caused by not exhaling effectively.

Runners who get caught up in the excitement, and are fully adrenalised, often forget to exhale. When this happens, respiration within the cells means that more carbon dioxide exhaust gas is building up within the lung cavity. There is simply no space for a full inhalation of fresh, oxygen-rich air.

If we exhale, we have made

space for that intake of vital oxygen rich breath.

BECOME MORE ENGAGED

Those who practise yoga regularly are continually conscious of their breath. Those who do not may be less engaged. So a simple stress strategy is to imagine that you are blowing out a candle or

humming. In doing so, exhaling and inhaling is necessary to remove the CO₂ that is built up as part of the respiratory process.

Within yoga, breathing the exhale is also associated with a softening and letting go. We often find that we are running with our

shoulders hunched up around our ears and then wonder why we experience a

tight neck, shoulders and upper back after a hard run. Softening, letting go, relaxing and allowing the shoulders to fall away from the ears will help to avoid this tightness developing.

I teach my yoga students to exhale fully and to soften. This calming effect is caused by the stimulation of the parasympathetic nervous system and it works in the same way for athletes. And you'd be surprised the difference it makes.



Not exhaling correctly can lead to hyperventilation



Before running, try to focus on exhaling fully and effectively

DITCH YOUR STITCH

THE COMMON STITCH CAN DEBILITATE AN ATHLETE, YET IT CAN EASILY BE PREVENTED BY **STRENGTHENING THE DIAPHRAGM**. A GREAT TECHNIQUE TO DO THIS IS BY DRAWING A STRONG FULL EXHALE, **FOLLOWED BY A DEEP INHALE** INTO THE BELLY, REPEATEDLY.



Nasal breathing can lower stress and improve lung performance

USING YOUR BREATH TO HELP YOUR RUNNING:

BELLY BREATHING This is our primary breathing system. The lungs and intercostal muscles are our secondary breathing system. Most people breathe by expanding their chest, yet this is not as effective as relaxed diaphragmatic breathing. When inhaling fully, the belly should relax fully so that it expands with the incoming breath and the diaphragm expands and moves more through its full range of motion. When exhaling fully, the belly retracts towards the spine, which supports the diaphragm's upward movement to help empty the lungs.

Cyclists demonstrate this in their racing position. Often their stomachs appear to be hanging low – this is a direct result of efficient, diaphragm-led, belly breathing.

NASAL BREATHING During physical activity such as running, the body is stressed, causing it to produce the stress-fighting hormone, cortisol. Cortisol can weaken the immune system and create a post-exercise desire for comfort foods. Nasal breathing, as opposed to mouth breathing, can replace this activity stress with composure.

Breathing through the nose draws oxygen in more efficiently, deep into the lower lobes of the lungs. These lower lobes have more parasympathetic nerve receptors; a calming action rather than fight or flight action associated with the sympathetic receptors – more readily activated during mouth breathing.

There is also more blood flow in these lower lobes, allowing better CO₂ removal. Inefficient CO₂ removal is what leads to panting. Nasal breathing can help to reduce this inefficient air circulation.

During nasal breathing the breath is also deepened because air is drawn into the lower lobes. This improves lung performance and leads to a lower heart

rate. Another reason that nasal breathing can be more calming is because it increases alpha brain wave activity, as opposed to beta brain waves. Alpha waves are associated with states of calmness and beta waves with states of stress.

Nitric oxide production is also promoted. This improves blood circulation, controlling and relaxing blood vessels and promoting healthy heart function. Alertness and immune system are boosted, reducing inflammation. The endurance level of muscle cells also increases, thus making strenuous activity easier.

Studies have also shown that, somewhat counter-intuitively to athletes, recovery times are shorter using nasal breathing, and endurance improved. Not to mention the reduced risk of catching flies! So try this technique in your next sprint session.

BREATHE WELL, SHARPEN YOUR FOCUS

The breath is also focusing. The 12 breaths that I start my classes with allow students to focus their minds. In the same way, focusing on our breath while running can take the mind away from the starting gun, other competitors and any last minute worries so easily suffered as we wait.

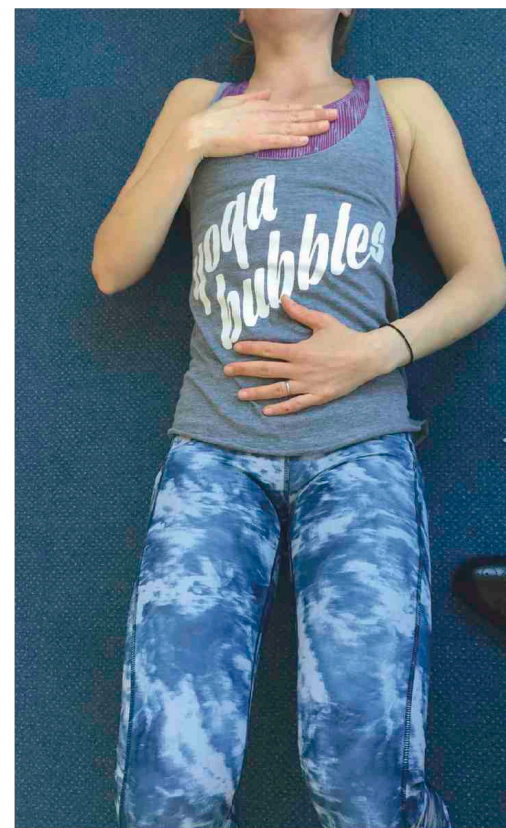
So, the next time you are out for a run, exhale fully; feel your shoulders soften and then consciously inhale, through your nose, feeling your belly expand and notice that you can maybe go that bit further, that bit faster or just feel a little more relaxed. It takes a while to make the change because habit is so deeply ingrained, but stick with it and you will reap the rewards.



Siobhan Curtis is a yoga teacher and an endurance athlete. She has practised Ashtanga yoga for 13 years and completed her teacher training in 2012, the same year she discovered triathlon. She now works with a variety of athletes.

A SIMPLE EXERCISE

Try this breathing exercise before your next run, and see how controlling your breath, can have a big impact on performance.



1 Start by lying on the floor, then place one hand on your chest and one on your stomach (as seen above).

2 As you inhale through the nose, draw the breath into the belly; feel the hand on your belly rise, and as you exhale, feel it fall.

3 As you continue, you should start to notice that the belly hand moves more than the chest hand.

4 To extend this exercise further, you can start to experiment with lengthening your breath – in yoga this is known as 'Samavritti breathing'.

5 Count the length of your inhale; it will probably be around two or three; count to the same as you exhale.

6 Repeat this and every few cycles increase the count by one, and repeat again, maybe lengthening the breath count past 10.

7 Repeat this cycle to reduce the breath back down to your regular count, maybe around two to three.

8 This lengthening and equaling of breath can also be brought into your running routine. Try making your inhales and exhales last two to three steps; notice that this can bring rhythm and relaxation into your runs.

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JONNIE PEACOCK

At the 2012 Summer Paralympics, Jonnie Peacock, MBE, won the 100m T44 final, setting a **NEW PARALYMPIC RECORD**. He also plays wheelchair basketball, and supports young athletes

WORDS Rebecca Gibbs

At the London 2012 Paralympics you were the youngest athlete (at the age of 19) competing in the final of your event. Was there extra pressure because of this or did it make you feel that you had less to lose?

It was quite the opposite. I wasn't expecting or thinking about the Olympics until just before qualifying when I was on the cusp of the team, with a breakthrough in 2012 which put me in the mix of possibly winning. I simply didn't have time to think about the pressure because there was always a race to think about. Then suddenly the games were upon us and I saw it as an opportunity. I'm sure the Olympic experience is completely different for every individual. I went in ready for anything, I went into it to enjoy it.

You set a new Paralympic record with your time of 10.90 seconds. Do you have a standout memory from those games?

It was during the 100m final. At 80m, when I came out of the zone of focusing on starting fast and getting into gear, I suddenly realised I was in the front and couldn't see anyone next to me. It was then I felt the fear, thinking, 'Oh dear, I might actually win this!' I was waiting to see runners coming up beside me, flying past. Yeah, a lot of fear came over me at that point.

What is your favourite part of training?

Definitely the speed sessions (60-80m). I don't get much time to do them but I just love the feeling of the speed and really going for it. I love running.

Have you had any bad injuries whilst training or competing?

Last year had a strange condition in my lower back, which turned out to be back stress. Every time I slowed down I got shooting pain in lower part of my back. With injuries like this, you just have to wait for it to heal. I couldn't run for three

to four months. It was a tough time.

However, like with most injuries, you have the choice to look at it as a blessing in disguise, and think about the other things you can do while injured. I could still do strength and conditioning so I targeted areas that weren't up to scratch. During rehab I actually got a lot stronger. It is tough because you just want to run. You see all your training partners going out and doing sessions but you just have to say to yourself 'I will be back'. And ask yourself 'what can I do now?' in the meantime. I get to do this as a job. We were stretching in the sun in LA; how many get to say this is their job? We have got to enjoy it. It won't last forever...

How long do the running blades that you wear last for? Are there any surfaces that you can't run on?

Blades last for a long time, at least I've

never had to change them due to wear and tear. I usually just jog on grass – because I don't have an ankle, there's no proprioception (my blade doesn't have that absorption factor) so any force or movement from treading on a stone, etc is felt through my knee (instead of my ankle) which is an injury risk.

You've been involved in a campaign to persuade MPs to put a new meningitis vaccine through the NHS. If you hadn't lost the lower part of your leg to this disease, do you think you would still be a runner?

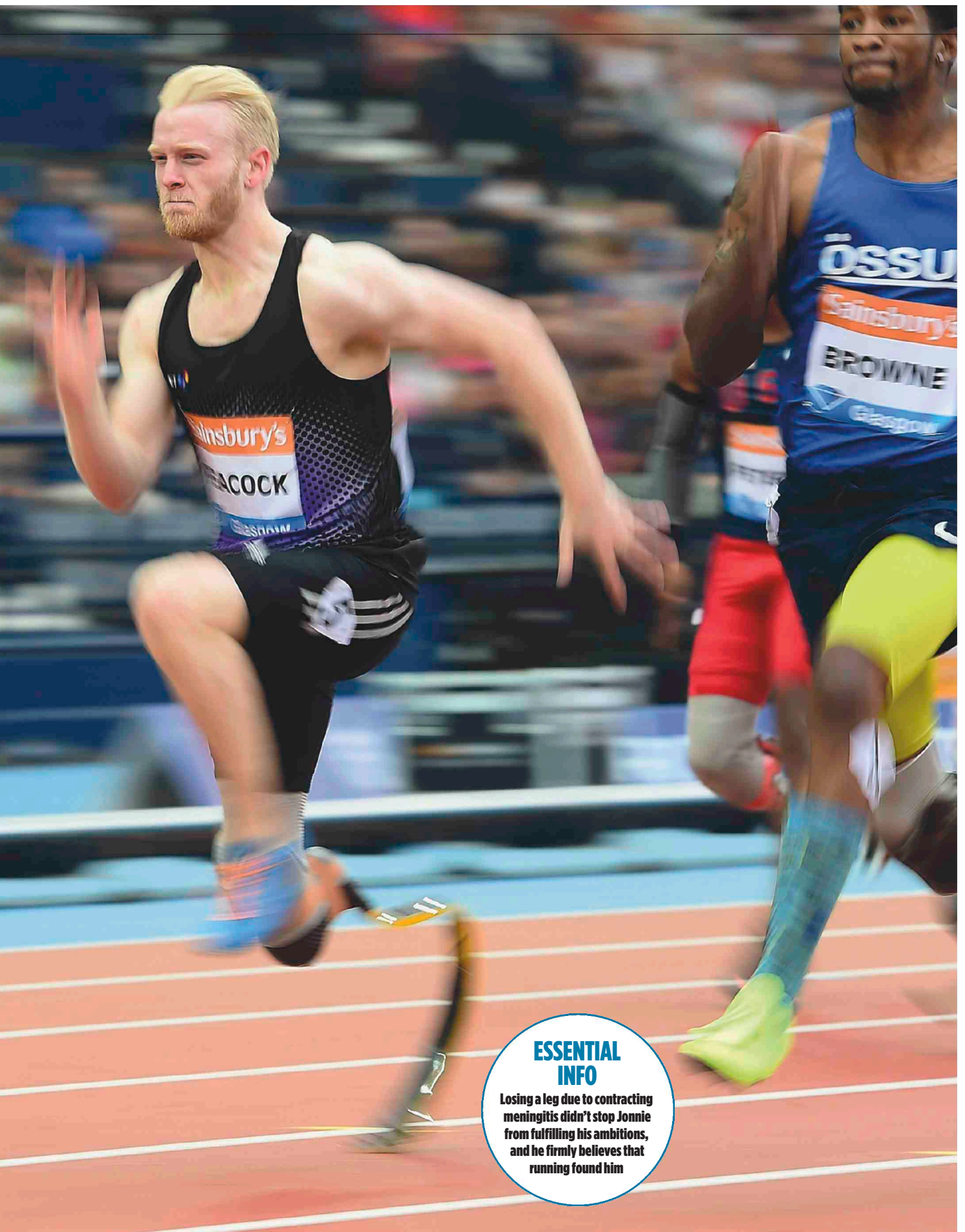
I honestly have no idea how my life would have turned out if I had grown up with two legs. I'd possibly be a mechanic?

I love sport so much I would probably have worked in the industry in some way. It's funny, I feel like in this life, running found me, not the other way around.

“I feel like in this life, running found me, not the other way around”



London 2012, Jonnie takes a lap of honour after winning the T44 100m



**ESSENTIAL
INFO**

Losing a leg due to contracting meningitis didn't stop Jonnie from fulfilling his ambitions, and he firmly believes that running found him

IMAGE (LEFT) MARK SHEARMAN



Elation as Jonnie takes the title, at the tender age of 19

Which other athletes inspire you, and why?

David Beckham because he put a lot of hard work into becoming a footballer.

You first met David Beckham back in 2000, when you were seven. Why was this meeting so important to your career?

He was just so inspirational during the era I grew up in – he was our best player.

Who has the better hair – you or Beckham?

Beckham, definitely!

How did you get involved in the Sainsbury's Active Kids campaign?

It's so important for kids to be active. I have always thought we don't do enough activity at school. All kids should be doing things they love to do, including

being active – it doesn't have to be sport, just something they enjoy. Playing sport simply made me happier, as a person, just as it does in the same way for other kids who love other sports.

We should be providing equipment; helping people set up sporting facilities and community events. The most important thing about the campaign is realising the number of kids we can help. It's really important and inspirational. The key message is that all kids deserve to be active, and have something that's theirs. Even if it's just an hour a week of playing sport, or doing an activity they enjoy, whether it's cooking, painting, running... It doesn't matter what it is, just that they enjoy it.

What are your ambitions for the future?

The first is to go and try to get another Paralympic gold – that would be fantastic.

Second, I want to make a difference in my sport. I want to make sure I have been able to make a change to athletics. Whether it be introducing more events overseas, or working with IPC [International Paralympic Committee], I'm not sure, but I want to help create change.

Do you have any tips to encourage other people to try running? Or to improve their times?

It's always about training smart. Make sure you are doing the right things. Avoid going out fast and make sure you know what you are doing; you know why you are doing it, and that it's the right choice for you. Do lots of research around your sport interest. You have to become a master of your event. When I sat down with my first proper coach, he said to me 'you have to become a student of your sport'. That really stuck with me. Learn everything you can about it; speak with others, read about it, go out and do it. Research online, but be careful of keyboard warriors!

What is your favourite:

Music to listen to whilst running/working out?

Anything with a strong, rhythmic beat.

Post-workout snack/meal?

Hummus and cucumber

Piece of kit or fitness gadget?

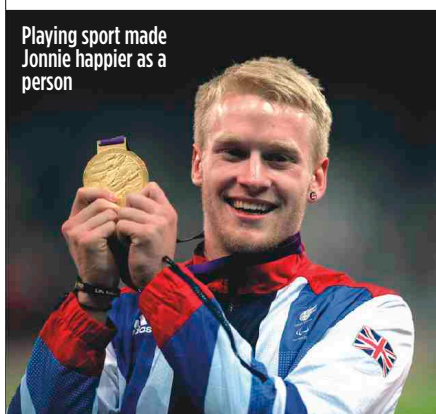
My blade, of course!

Way to relax?

Sitting down resting, playing Xbox.



Playing sport made Jonnie happier as a person



Sainsbury's Active Kids is back. Vouchers can now be collected and donated to schools and groups to exchange for a whole range of sports and cooking equipment and experiences. Sainsbury's Active Kids helps children eat well, move well and live well <http://activekids.sainsburys.co.uk>

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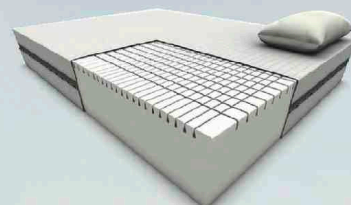
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Olympic, European and Commonwealth Champion
Greg Rutherford, MBE

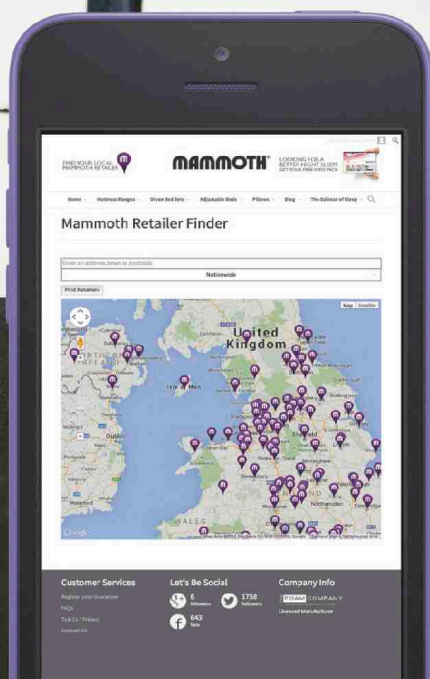


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GEORGE F WINTER

Older runners

Can running itself protect older runners from injuries? The **LATEST RESEARCH** indicates that there's plenty of great reasons why we should keep up the miles in later life

It's never too late to start, and any lingering notion that the enjoyment of running is somehow age-dependent was emphatically dispelled in Toronto on 16 October 2011, when Fauja Singh (born 1 April 1911) became the first 100-year-old to complete a marathon. An ageing population means that the number of older runners is increasing, and this population is attracting the interest of researchers. For example, one study of injuries sustained during a marathon found that older runners tended to have fewer calf injuries compared to younger runners, while another study found that hamstring injuries were more common among older runners than younger ones.

DOES RUNNING GAIT AFFECT INJURY RISK?

These studies are cited in a report entitled 'Running Mechanics and Variability with Ageing', recently published in the journal *Medicine & Science in Sports & Exercise*. The report's authors, led by Dr. Julia Freedman Silvernail of the University of Nevada, Las Vegas, became interested in how running gait might influence injury risk, and they compared the running mechanics of 14 healthy runners, aged 18 to 35 years who were matched by height, body mass and weekly running mileage to 14 healthy runners aged 45 to 65 years.

Although there was little to distinguish the running mechanics of younger and older runners, two differences did emerge. First, it was found that older runners had a smaller plantar-flexion moment – plantar-flexion is a downward movement of the foot, such as pressing a car accelerator pedal or standing on tip-toe – than younger runners. Second, older runners had a greater range of hip motion.

The authors suggest that these differences may indicate a shift in reliance in older runners from the ankle to the hip. Muscle strength and flexibility decrease



with age, and it's already known that the muscles around the ankle become weaker at an earlier stage than other muscle groups. This could promote a greater reliance on those muscle groups – such as those associated with the knee or hip – that are higher up and have maintained their strength relative to the ankle. The researchers state: "Supporting this notion of a shift in injury risk is the observation that older runners are more protected from calf injuries than younger runners, yet individuals with hamstring injuries tend to be older than those without."


CAN RUNNING PROTECT OLDER RUNNERS?

All of the older runners in the study were highly active and healthy, and the researchers speculate that their high level of activity and relative strength "helps them to maintain the gait of a younger runner, thereby potentially preventing injury. In this regard, running itself may be protecting older runners from injuries."

Commenting on her team's findings, Dr. Julia Freedman Silvernail told *RF*: "We expected that the ageing process would

alter running characteristics, but our data suggests that running may contribute to the maintenance of healthy movement patterns as we age."

It appears that the topic of running ageing process will continue to attract further research. So what further research is on the horizon? "We are following up on this work to investigate whether there is a differential response in running mechanics of males and females to the ageing process," added Julia. "We are also exploring whether it is the act of running itself that is preserving healthy movement or if other forms of physical activity provide similar benefits."

When I last checked with ultra runner Dr. Andrew Murray, he had heard that the legendary Fauja Singh had retired from competitive marathon running, but was now concentrating on speedwork! Whether this is apocryphal I'm not sure, but what I am sure of is that Fauja Singh's example is an inspiring one which serves to remind us that running can be enjoyed not only into old age, but extreme old age too. No need to hang up the shoes just yet! 

"Our data suggests that running may contribute to the maintenance of healthy movement patterns as we age"

A keen long-distance runner and freelance writer, **George F Winter** is a Fellow of the Institute of Biomedical Science

1 SHARE, DON'T COMPARE!

"Comparison robs us of joy, and joy is what makes us beautiful," explains Lyndelle Palmer Clarke, personal growth expert and author of the *Daily Greatness Journal*.

Wise words, yet we're all guilty of comparing ourselves to others and our running performance to theirs. It's hard not to with a sport like running, where progress is often measured by pace and distance. Yet comparing yourself to others takes your energy away from you. Instead, focus on yourself and turn your energy inwards by sharing the experience – go for a relaxed trail run or road run with a friend and chat about how great it is to be out in the elements; out spending time together, getting fit. While you are running, think about appreciating your health and your body – the simple act of thinking positive thoughts will help you build confidence.

10 WAYS TO BE A CONFIDENT RUNNER

The resilience of every runner is tested by physical and mental challenges and experts agree, it's confidence that will carry you through. **FOLLOW RFS** top 10 tips to put a spring in your step **WORDS** Evie Serventi

2 WRITE IT DOWN

Diarising your thoughts and feelings and/or keeping a journal can be a great way to keep a clear perspective on your progress and see how you've been feeling.

If you keep a training diary, instead of just writing down your daily mileage and pace, start to record emotive details too, such as how you felt before/after each run (mood); your level of fatigue; focus; you could even have a column for 'level of confidence'. Recording your thoughts and feelings means they tend to stick rather than going around in your head –

and spend a few minutes reading over your training plan or journal at the end of each week so you become familiar with how you actually felt. This is evidence-based learning and it will help you form the habit of self-reflection!

"Write a list of 10 things you like about yourself", suggests Lyndelle. "Remind yourself that beauty is only skin deep, and that true beauty is a state of mind, not the state of your body. See yourself holistically and not just specific body parts – you are so much more. When you see yourself as whole person, you will be more compassionate towards yourself which results in liking yourself more and instantly feeling more beautiful."



Write down how each training session went to keep track of progress



Find your own perfect support network and you'll get a boost from you running

3 BUILD A POSITIVE SUPPORT NETWORK

Social groups can have a powerful effect on your confidence, and motivation to exercise; in fact, research shows that the more social support you have from your spouse, family, friends, colleagues, clubs, or other social groups, the more motivated you'll be and importantly, likely to stick with it.

"Surround yourself with positive people and messages that make you feel good about yourself," agrees Lyndelle. Start by working out which of your social groups have the most influence on you. Your spouse, for example, might be a great running partner – so make sure you set up a couple of runs each week (plan ahead!) that fit in with both your schedules. Alternatively, your spouse might not run, but might be the best person to offer encouragement and to give you pep talks, which all feed your confidence. Your running club might be your social group that most supports your running and helps build your confidence, so make sure you attend as many club runs as you can each week, and chat/have coffee after a run, perhaps on a weekend. You might have a close friend or even work colleague – someone outside of your family environment – who helps boost your confidence. Be in regular contact with such a friend, whether it be a phone call, walk or run.

4 FOCUS ON CONSISTENCY

"Regularity is more important than distance when it comes to building confidence," explains physiologist and PT Carley Rowland (speedflex.com).

"You're better off running shorter distances more frequently each week, rather than doing longer runs fewer times weekly, for two reasons. First, physically your body will find it easier to adapt to smaller increments, combined with overnight rest. This means you can start to increase the distances you run sooner, because of your incremental recovery. And second, psychologically, more regular short runs help with building a routine so you stick to it, improving self-efficacy (faith in your running ability and thereby, confidence). After all, if you start to believe you can run well, with time, you actually will."

IMAGE: A KATZ / SHUTTERSTOCK.COM



Entering a race or challenging yourself can be hugely rewarding

5 EXPAND YOUR COMFORT ZONE

Stretching comfort zones and creating new ones can be daunting and a little uncomfortable, but the benefits can be huge, not only in terms of running, but in terms of developing your 'self'.

Achieving something you haven't done before speaks volumes for your confidence and can help you reach your potential. And remember, both small steps and great strides propel you forward, so start small, be patient with yourself and you'll soon be enjoying new levels of confidence. Simple acts like

buying a diary, researching running clubs in your area, buying nice kit, entering a 5k race, scheduling in regular runs with a friend, or attending a running workshop are all examples of breaking new waters.

Equally, if you are a seasoned runner with impressive PBs and lots of races under your belt, you might think: 'Where to from here? How can I stretch my comfort zones when I feel comfortable racing and have reached my maximum pace?' Breaking comfort zones aren't always about going faster, further – they are about doing something different, to stretch yourself. This type of runner could break his/her comfort zones, for example, by slowing it down a notch, entering an ultra event, and/or training for a different terrain.

6 POWER POSE

Your body language is an important form of non-verbal

communication and affects how others see us, but importantly, did you know that research shows it can also change the way we see ourselves?

Social psychologist Amy



Cuddy found that just two minutes of 'power posing', or standing in a posture of confidence, increases testosterone (dominance hormone) and lowers cortisol (stress hormone) – in other words, can make you feel more confident. Just ask Wonder Woman! So practise standing tall, breathing deeply, head up, muscles relaxed. When out running, think 'power posing' – start to think about feeling strong, supple, and looking confident. Even smiling can help boost your level of confidence, not to mention your mood.



Eating healthily will have a natural impact on your levels of confidence

7 LOOK GOOD, LIVE WELL

There's nothing better for your confidence than wearing something nice and feeling comfortable in your own skin.

Wear your favourite top and shorts, buy some new trainers, or research a reliable watch/gadget, and experiment a bit – you're more likely to keep motivated and build your confidence if you feel comfortable when wearing nice, practical kit.

Feed your brain to build your confidence! Eating

healthy and nutritious foods will help moderate both your energy and emotions, so you'll think clearer, feel positive and be more motivated. *Training Food* by Renee McGregor (see our book review on p13) offers nutritious recipes and is packed with information about tailoring your diet to suit your training. Ensuring you try to keep as much of a balance as you can around work, sleep, training, diet, will help you feel on top of things.

8 BE YOUR OWN BEST FRIEND

Positive self-talk is critical when it comes to building confidence.

Some find this comes naturally, but for others, positive self-talk doesn't come easy. If you find it difficult to encourage yourself, imagine you are talking to your best friend – what would you say to them in response to: 'I'm hopeless, I'm so slow, I'll never be able to run in that 5k.' If you responded with negativity (as you might well do if you were talking to yourself!) you probably wouldn't be helping build their confidence. "Speak well of yourself and let your body know how much you appreciate it," adds Lyndelle. "Positive affirmations and gratitude lift you up, build your confidence and make you feel instantly better."

Be your own best friend, be kind to yourself, and spend just five minutes a day (when you are running is the perfect time) filtering positive thoughts about yourself, your life, your running.

VOLUNTEER

9 VOLUNTEER

Helping others is a great way to shift your perspective and can help you build self-esteem and confidence.

"Get out of your head and into your life!" agrees Lyndelle. "Use the time and energy that you usually spend worrying about your lack of confidence to do something kind for others. Volunteer your time to a charity, do something creative that inspires or impacts others, visit a nursing home or a children's ward at the hospital. These kinds of things will make you feel good on the inside. When you feel good on the inside, you naturally radiate beauty on the outside."

ABOUT THE EXPERT



Daily Greatness Journal: A Practical Guide for Consciously Creating Your Days combines a yearly diary, goal and appointment planner; and **Daily Greatness Training**

Journal: 12 weeks to a rocking fit body & mind is the fitness equivalent.

Written by personal growth expert Lyndelle Palmer Clarke, the daily pages in both journals are designed to guide you to form great habits through boosting your confidence and inspiring you in order to keep you motivated. Find out more at www.dailygreatness.co



10 WHO'S YOUR RUNNING IDOL?

You can never have enough mentors in life (people you admire, learn from, are inspired by) and everyone should have at least one running idol! This doesn't mean you compare yourself to that person, you simply learn from them in terms of their attitude, level of commitment, what they have learnt from their experiences, both good and bad. Running idols can help you build your confidence as you progress with your running and create new comfort zones, and even when you are injured. Have your idol in your mind's eye when out running; think about how inspiring they are, how dedicated they are to their purpose, and you'll keep building both your motivation and confidence.

Your running idol can be someone who inspires you, or who you can learn from



Just two minutes of 'power posing' increases testosterone and lowers cortisol



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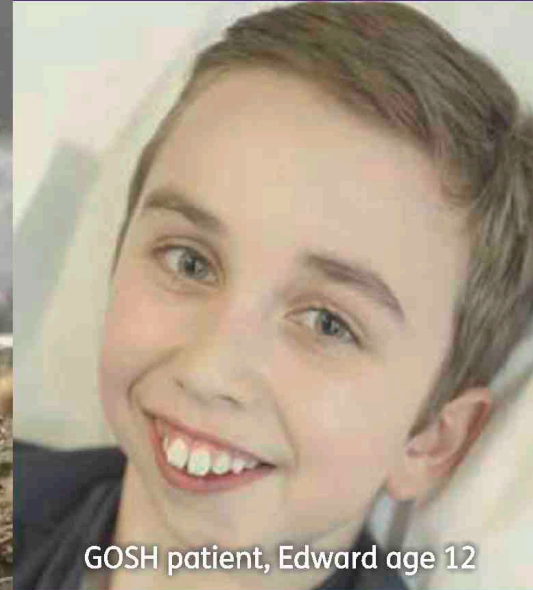
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Q&A NEW BALANCE

This month we go behind the scenes at **NEW BALANCE**, and talk exclusively to Pete Riley about his own running, and the secrets behind the brand he works for

What is your job role?

I am tasked with overseeing sports marketing in the areas of signing elite athletes and running events within the EMEA region. I have a major focus on identification of leading and development endurance athletes in the UK and Ireland, and German markets.

Tell us about your running?

Once upon a time I was a good national/ European level athlete competing for Great Britain at the European XC Championships, as well as the World and European Championships in the Marathon; however, my running is very much up and down these days, I haven't been competitive in running since 2010.

2006 was probably my best year; I won the National 10km Road Championships, English National XC Championships, National Marathon Championships (at London Marathon), and the UK 5000m Championships inc. European Trials – beating Mo Farah!

Do you have a preferred time of day to run? And a favourite running route?

Nowadays it's a case of fitting in a run

when I can, but I do enjoy night runs with a head torch in Lyme Park, Stockport.

Which shoes do you currently run in?

I run in the NB870 as I do need a little support, whilst keeping that lightweight performance feel.

What do you think has been the biggest technological change/development in shoes over the last few years?

Obviously technological advances are helping all brands to differentiate themselves from their competitors, and we are fortunate to have a fantastic team at New Balance who are helping to lead this change.

Our biggest technological advancement in the last year comes in the form of our Fresh Foam collection, which has been created from data-driven technology. We studied the foot strike and impact tendencies of runners while running at a slightly faster pace to create our smoothest and most lightweight package yet, designed for the everyday runner.

Have you any thoughts on running shoes for the future? How do you think things will change?

New Balance footwear has moved on so much in the last 10 years and every year we're able to bring out something new that moves the brand forward. More and more, we're seeing a crossover from consumers of performance footwear into lifestyle, which is leading to the development of more hybrid shoes from brands. We'll be releasing some exciting new collections from New Balance in the future so keep your eyes peeled.

What would be your greatest running shoe of

all-time, and why?

I have run in many brands over the years and some have been good, some not so good. I can honestly say that the 870 has been the best stability shoe I have ever run in. That's a bold statement, and I haven't made it just because I work for NB. I have seen where the product has come from and what it can now offer to every runner out there.

Who would be your greatest runner of all-time, and why?

What Paula Radcliffe did in the marathon in 2003 (2:15.25), is probably the greatest achievement I think I will ever see. The fact no other women have got within three minutes of that world record is astounding. I promised my friends when I ran London in 2006 that if I did not run faster than Paula I would give up, luckily I managed to keep going for a few more years.

Sum up what running means to you?

As an elite athlete: tired, gratification, reward.

As a casual runner: happy, release, fulfilment.

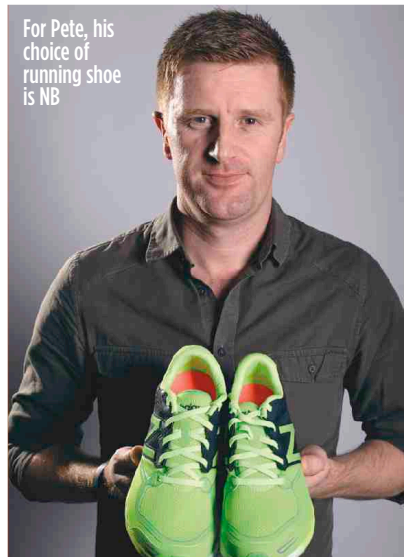
If you were to give one piece of advice to someone buying running shoes, what would it be?

It's well worth going to a specialist running shop, particularly if you are not sure what type of shoe is right for you. You may sometimes pay a little more than an online store but the service (and after-service) you receive will make up for any it. Also, keep an open mind in terms of which type of shoe to try; just because your friend/physio/doctor tells you to try a specific shoe does not mean it is right for you.



BEHIND THE BRAND

NAME: Pete Riley
BRAND: New Balance
JOB TITLE: Sports Marketing Manager Running - EMEA



For Pete, his choice of running shoe is NB





“I can honestly say that the 870 has been the **best stability shoe I have ever run in. That’s a bold statement”**

NEW SEASON CLOTHING PART 1

Let the sun shine and **STAY COOL** in our pick of the hottest summer season kit hitting the shops this month



» **SALOMON AGILE HALF ZIP SS TEE (men's) £35**

A looser fitting, breathable top made from a unique waffle fabric. Zoned areas for improved breathability and a handy gel pocket on the side.
www.salomon.com



SALOMON AGILE SHORT (men's) £30

A square cut, casual short which we are sure will become a firm favourite this summer. Features a handy, small zipped pocket on rear.
www.salomon.com



» **STRIDERS EDGE EMPIRE STREAMLINE VEST (women's) £35**

We loved this Empire Vest. The fabric felt soft and the fit is flattering, whilst breathability is good for even the toughest of workouts.
www.stridersedge.com



» **ASICS TIGHTS (women's) £35**

These great-fitting tights are really comfortable and can be used for almost any workout.
www.asics.co.uk



» **UNDER ARMOUR HEATGEAR ARMOUR COMPRESSION TOP £25, LEGGINGS £35**

Made from HeatGear fabric, these items have a four-way stretch for an amazing, unrestrictive fit but also have UPF30+ to protect you from the sun.
www.underarmour.co.uk



» **ASICS SHORT-SLEEVE GRAPHIC TOP (women's) £35**

This top is highly breathable and has reflective dots to make you visible.
www.asics.co.uk



» SAUCONY FREEDOM SHORT-SLEEVE TOP (women's) £35

SAUCONY SCOOT MINI CAPRI (WOMEN'S) £40

Look good this summer with these two patterned items from Saucony. The t-shirt is ultra-lightweight, has mesh panels for improved breathability, and a rear zipped pocket. The capri has a distinctive pattern, a unique gathered style around the knees, and also a rear zipped pocket.

www.saucony.co.uk

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3

1 CRAGHOPPERS MICROFIBRE TRAVEL TOWEL £20 / £25

This space-saving towel is made from Terry fabric, comes in two sizes, packs nicely into a mesh stuff sack, and takes up less room than most towels.

www.craghoppers.com

2 WIGGLE NUTRITION HYDRATION TABS £2.99

Better known as an online retailer, Wiggle have bought out their own range of nutritional products including hydration tabs. Offering great value for money, the tabs replace electrolytes lost through sweating.

www.wiggle.co.uk/wiggle-nutrition

3 NIKE FLYKNIT LUNAR 3 £140

This version of the Flyknit Lunar series is all about weight, and at 224g (men's UK 8) Nike have come up with something special. The key feature is the Flyknit upper, which is seamless and lightweight.

www.store.nike.com

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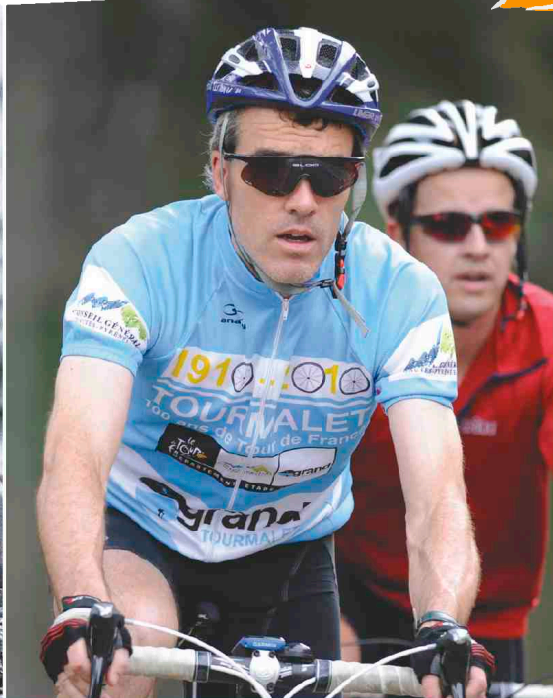
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UNDERSTANDING ANKLE SPRAINS

An ankle sprain is annoying, but if managed correctly, it doesn't have to mean weeks off running. **FOLLOW OUR TOP TIPS** to recover faster and stronger **WORDS** Matt Phillips

With an ever increasing number of runners discovering the joys and benefits of off-road running, some of us also discover the hard way that the uneven terrain, sudden obstacles and quick directional changes do increase the chances of an ankle sprain. Ankle sprains can of course also occur on road, with uneven pavements, curbs, errant dogs and small children all providing potential risks. Going over on your ankle can be extremely painful and often leaves you initially unable to put any weight on the leg at all, but despite the immediate frustration, it does not have to mean weeks off running, as long as you manage it correctly.

IS PAIN A MEASURE OF INJURY?

Although ankle sprains can hurt a lot and swell up immediately, it is important to remember that both pain and the inflammatory response are part of the body's highly sophisticated system of reacting to perceived threat of damage, not actual damage. The brain is constantly receiving and monitoring information from receptors in the body regarding sudden changes in position, temperature, pressure, etc. so that it can take necessary steps if the threat of possible danger arises.

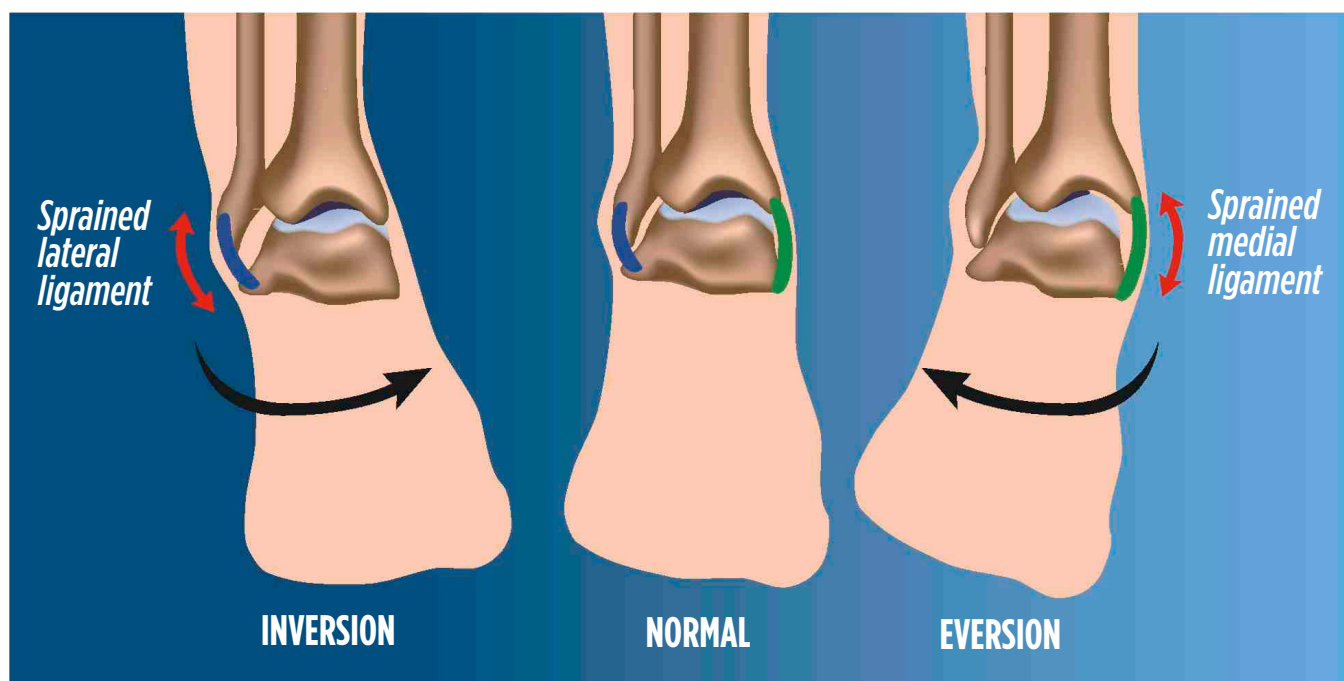
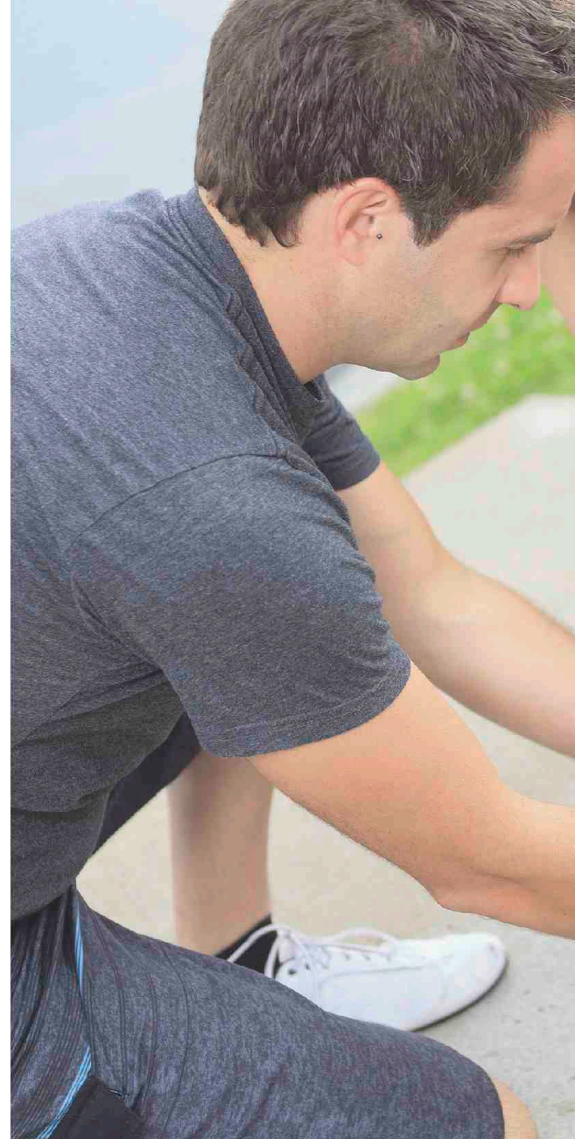
Think of a time when you have stepped

on what you thought was glass, but it was in fact a harmless piece of plastic. Your brain reacts by making you jump away and may even send out some pain, but once you inspect and realise no harm has been done, your system calms down and the pain goes. Sometimes the opposite can happen – we wake up with a bruise and have no idea how it got there because at the time the brain didn't feel there was enough danger to let us know about it.

The message from modern pain science is try not to freak out if you have sudden pain or swelling. It is not an accurate injury report. If you have little or no swelling within the first 24-48 hours and can weight bear then you might just be okay, but even if you do have a lot of pain and swelling, don't stress. Just contact a recommended therapist and let them assess it so they can give you a suitable rehab plan.

HAVE I BROKEN A BONE?

One of the biggest fears amongst runners (and we know fear can increase the brain's perceived level of threat and hence, protective response) is whether a bone has been fractured during an ankle sprain. In reality, the chances are low and as general rule if you are able to walk four steps then it is very unlikely you have broken anything. When performing the four-step test, bear in



WHAT HAPPENS IN AN ANKLE SPRAIN?

Ankle sprains are caused by trying to place your weight on a foot whilst the sole is either excessively turned inwards (inversion) or outwards (eversion).

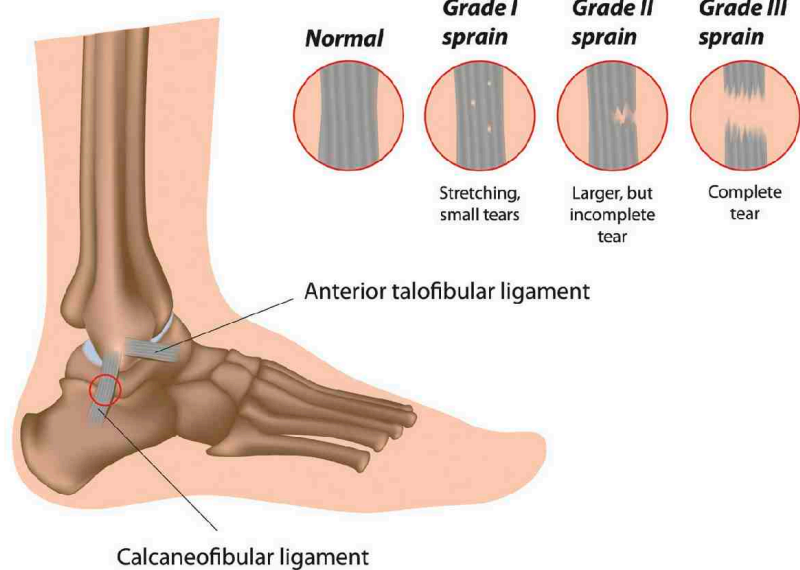
Due to the bony shape of the ankle, inversion sprains are more common, especially when the foot is pointing downwards (plantarflexed – e.g. stepping off a curb) as opposed to pulled back (dorsiflexed).

Inversion sprains leave structures on the outside of the ankle open to stress. Depending on the

severity of shock to your system, swelling is often immediate as your body automatically reacts to the threat by diving into protective mode. The pain is also part of this protection, which is why something that may not actually be that serious in terms of structural damage, can nevertheless still be really painful!



It's important to get assessed to ascertain how serious the swelling and pain is



WHAT LIGAMENTS ARE AFFECTED?

If a ligament on the outer ankle is affected following an inversion sprain, it tends to be the anterior talofibular ligament (AFTL) towards the front as this is the one dealing with the most load during plantarflexion. It is smaller and thinner

than its neighbours, the calcaneofibular ligament (CFL) and posterior talofibular ligament (PTFL). Now all of this may be very interesting from an anatomical point of view and forms an important part of a therapist's assessment, but as far as the runner is concerned, the road to recovery is often more about understanding pain rather than getting bogged down with what has happened to what particular ligament, tendon or muscle.

Something not actually that serious can still be really painful!

mind that during the first 24 hours, much of your pain and inability to weight bear may be due to your body's natural protection system. Twenty-four hours of R.I.C.E. (rest, ice, compression and elevation) along with gentle attempts to see how much weight you can place on the ankle (P.O.L.I.C.E. – see next section) could see a significant decrease in pain and increase in ability to weight bear. That said, if you are still unable to walk after 48 hours you should definitely book to see a health professional. During the assessment, the therapist will apply light pressure to areas of the foot and ankle where fractures may occur; in the unlikely event that something is broken you will soon know about it!

GOODBYE RICE, HELLO P.O.L.I.C.E.

The traditional acronym R.I.C.E. (rest, ice, compression, elevation) has been modified to encourage people to move away from the idea that total rest will help speed up recovery. Regardless of whether you are a supporter of ice or not (see *RF* Dec 2014), the idea of avoiding anything that causes pain (i.e. total rest) does not sit well with

modern studies. Research has shown that mechanical loading (weight bearing) actually encourages cellular responses that in turn promote structural change in the tissues. Though we still obviously need to be careful not to put too much load through an injured area, it seems that in many cases total rest is not the answer and can actually slow down healing and recovery.

The 'P' of the revised acronym P.O.L.I.C.E. stands for 'protection'. If you cannot weight bear at all then it makes sense you wear some form of support or use a crutch. However, as soon as you can weight bear and protection is no longer necessary, that's when 'optimal loading' comes into play. You need to experiment with how much load your ankle can take; use a chair or desk for support and remember that pain is an output from the brain, a warning of perceived threat not actual damage so you should not be worried by anything less than four out of 10 (where 10 is the worst pain you have ever felt). In fact you should seek 3/10s or 4/10s as they are signs that you are loading

sufficiently to stimulate the desired strengthening. And if you do hit a five out of 10, don't worry – just pull back slightly, modify the angle, do what you can to bring it back down to a 4/10 or less. A successful rehab programme relies on the gradual increasing of load and neuromuscular demand so that the body is stimulated to adapt accordingly.

HOW LONG BEFORE I CAN RUN AGAIN?

Significant ligament injuries can take up to 12 weeks to heal. This is why professional assessment is definitely advised in the early stages. That said, in many cases the actual damage to the ligament is minimal so by understanding pain and reacting accordingly, you could find yourself back running long before that. As long as you follow a suitable rehab ladder (including appropriately graded strength and co-ordination exercises), running will eventually appear as part of your rehab. Continue climbing that ladder sensibly and you could find yourself back to your former level of running sooner than you imagined. In my experience, understanding pain is the factor that often helps explain why some runners are still limping after six weeks, whilst others are comfortably performing hops and back to running after just two.



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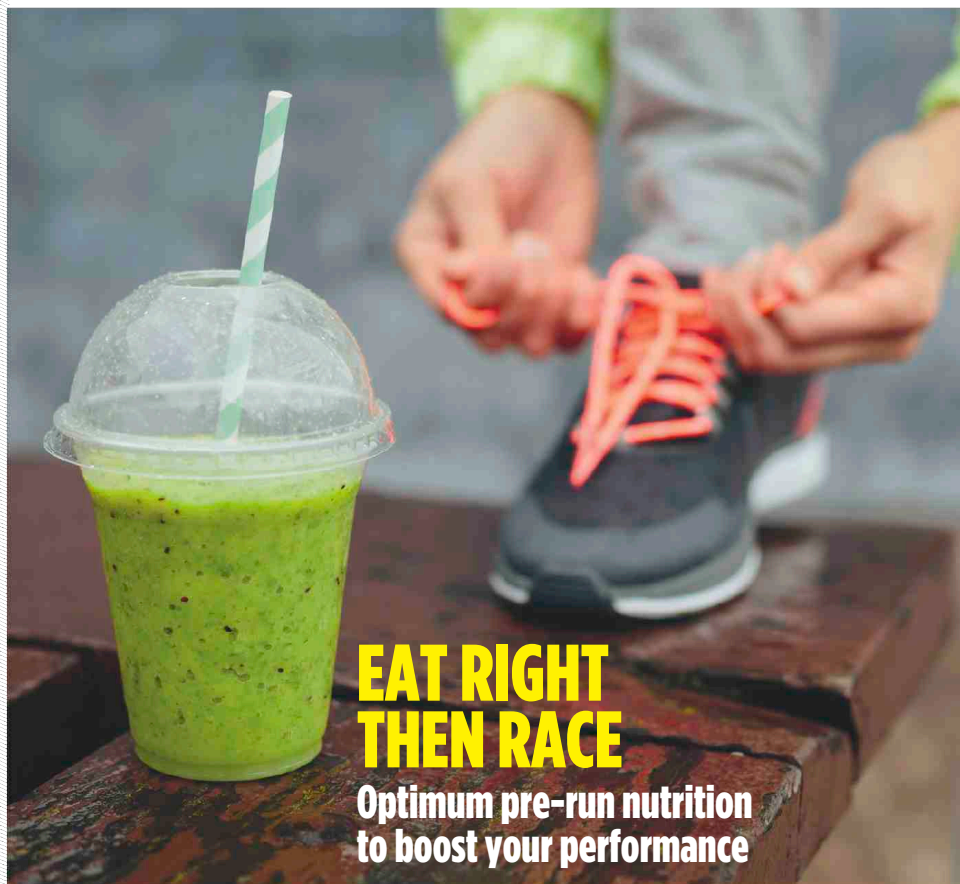
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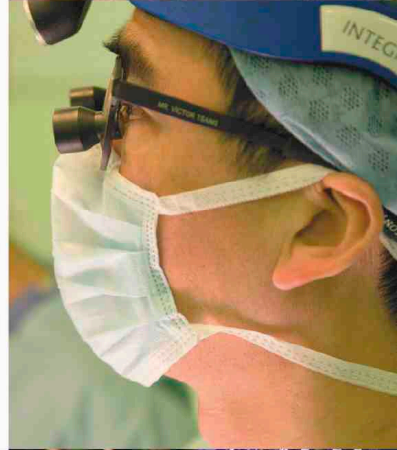
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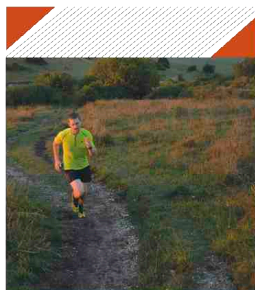
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Let **Running Fitness** take you on a journey to discover some of Britain's spectacular **MOUNTAINS, FORESTS** and **COASTAL TRAILS**, perfect for a wild run



Icknield Way

Distance: 7.5 miles (12km)

Start: Chilterns Gateway Centre, Dunstable Downs, LU6 2GY

Finish: Ivinghoe Beacon, LU6 2EG

Terrain: Paths, trail

Toughness: Moderate

Ascent: 194 metres

Navigation: Easy (waymarked)

Good for: Families

Route info: wildrunning.net/45

An enjoyable run through the Chilterns countryside. From the start, follow circular 'Ridgeway Link' waymarkers along the upgraded path of the Icknield Way, wonderfully runnable in the dry, and wonderfully muddy the rest of the year. It passes Whipsnade Zoo and Whipsnade Tree Cathedral which, with Ashridge Estate, offer great opportunities for exploring. The final climb up Ivinghoe Beacon is rewarded with spectacular views across the Vale of Aylesbury; a wonderful place to watch the sun set. Car parks at both ends of the trail, and buses from Ivinghoe and Whipsnade.

“I had long wanted to visit Ivinghoe Beacon, the hallowed start point for the two great long distance trails of the Ridgeway and the Icknield Way. On a summer evening, as the light began to fade to a golden mist, we ran upwards from the foot of the Beacon. Starting through fields heavy with clay beneath our feet, we gained a winding path that zigzagged its way up scrubby hillside to finally arrive at the long ridge we'd spotted and coveted from the road, now far below. We paused, feeling drawn to the chalky trails that stretched away along the tops, then turned towards our high point and made our way along the pale scar to the summit. As we arrived the sun made its final drop into the horizon, setting the sky ablaze. We made our way back down in darkness, exhilarated by the speed of the descent, our vision reduced to the tiniest tunnel of torchlight through which we ran.”

THE CHILTERN

From the picturesque Vale of Aylesbury in Buckinghamshire, rise the magnificent Chiltern Hills. The well-marked trails that wind through this Area of Outstanding Natural Beauty make for some great running. The Chilterns form part of a system of chalk downs which run throughout eastern and southern England, formed between 65 and 95 million years ago. One of the most heavily wooded parts of England, the area is also home to stunning open heath and commons, and picturesque gardens and parkland, making for a great variety of high quality runs. There are some challenging ascents, and enjoyably fast descents but nothing too steep. An enjoyable run takes you up to the wooded summit of Haddington Hill, the Chilterns' highest point.

Being so accessible from London, the Chilterns make a great escape from the city. They may be small in relation to many of the more famous ranges, however, they are perfectly sculpted and provide wonderful running across sweeping valleys, with regular climbs and descents between. Ivinghoe Beacon itself is a picture-



The Icknield Wat is said to be Britain's oldest road and winds 110 miles through to Norfolk

perfect summit and well worth a visit. From the trig point at the top of the Beacon, head down into Ashridge Estate and explore the many winding paths through gentle countryside bordered by ancient trees. The loop around the estate's boundary is some 17 miles in length, but it is an incredibly enjoyable route for a longer run.

The Icknield Way, starting on Ivinghoe Beacon, is said to be Britain's oldest road. Its chalky 110 miles wind their way, as Edward Thomas described in 1913, like a "white snake on a green hillside" from the Chilterns to Knettishall Heath in Norfolk. The Beacon is also the starting point for the Ridgeway Challenge, an 85-mile race organised by the Trail Running Association in August each year. Including some 2743 metres of ascent, the race passes through the Chilterns, the North Wessex Downs and Barbury and Liddington hill forts, before finishing at the World Heritage Site of Avebury in Wiltshire. Our pick of the area links these two famous trails for some enjoyable running.



INSPIRED TO DO YOUR OWN WILD RUN?

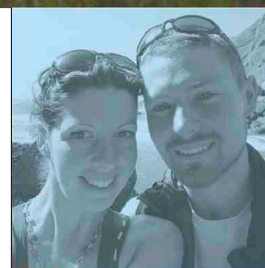
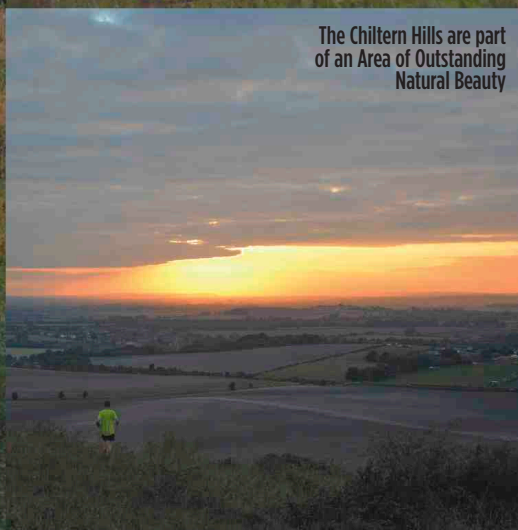
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The Chiltern Hills are part
of an Area of Outstanding
Natural Beauty



JEN AND SIM BENSON

are runners, writers and
adventurers. Their new book
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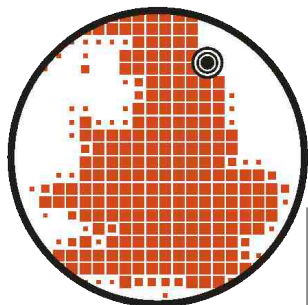
Icknield Way - The Chilterns

Miles	Km	Directions
0.0	0.0	From Gateway Centre follow Icknield Way and Ridgeway Link waymarkers south west along Dunstable Downs
1.7	2.8	Cross road in Whipsnade and continue following waymarked path south
2.7	4.4	Turn right at path junction, continuing to follow Icknield Way south west to Dagnall
4.3	6.9	Turn left along road and then right at roundabout, continuing along road
4.7	7.6	Turn left and head south west along waymarked trail to reach Ward's Hurst Farm
6.0	9.6	At Ward's Hurst Farm turn right at track junction, following Icknield Way
7.1	11.4	Join Ridgeway trail at track junction and head north to Ivinghoe Beacon.



RUN ENGLAND GROUPS...

RUN PETERLEE



RUN ENGLAND is the official England Athletics beginner running project. Groups are led by trained group leaders, offering a progressive routine, people of a similar ability to start running with and plenty of support along the way. Find out more at www.runengland.org

Run Peterlee is for runners who want to **GET HEALTHY**, fit and run with others

Originally from a martial arts background, Run Peterlee's group leader, David Ferguson is a black belt in Shotokan Karate. "Later I did Jeet Kune Do (Bruce Lee's art)", explains David, "and then finally boxing training at the Prescott Centre in Peterlee. I am 50 in 2015 and celebrated by running the Maratona di Roma (Rome Marathon) on March 22, 2015. I was a member of Sunderland Strollers, but wondered why there wasn't a running club in Peterlee that included men (there is a ladies club), so I researched Run England and found that you didn't need to be a top class athlete to start a running club, just an enthusiastic runner with the organisation skills and motivation to share that enthusiasm with others."

In 2012 David decided to start a running club himself. In February 2013 he was delighted to be sponsored by Easington District Council to obtain his Leadership in Running Fitness qualification so that he could set up Run Peterlee as a bone fide Run England running group for the East Durham region.

MIXING UP SESSIONS AND ADDING NEW CHALLENGES

And this he did. Based out of Helford Pavilion, club night is Monday at 6:30pm and Run Peterlee caters for men and women, experts and beginners, and currently has three groups: a fast group, middle group and a beginner/developer group.

The club's unique selling point is its proximity to Castle Eden Dene, a few hundred yards from the Pavilion. The group alternates between the undulating roads around Peterlee and trail runs through Castle Eden Dene, linking to disused railway tracks and the East Durham coastline. To keep things interesting the club mixes up different activities like 'minutes', Kenyan Hills, Hill Repeats, Loops and Out and Back routes. There are some interesting landmarks like Heart Attack Hill, The Kissing Rocks and the Yellow Brick Road. Shotton Hall Academy allows the running club to use its grass 400m track to stage its Run Peterlee 'Miler' event, a one mile time trial where the first three runners receive medals for their efforts. Other internal challenges include: Maxwell's Figure of Eight, Heart Attack Hill Repeats, Ellison Bank Hill Repeats, The



Country Mile. The club is now in discussion with Easington District Council about sponsoring a 5k event as part of the Peterlee Carnival.

A RUNNING GROUP GROWING IN AMBITION

In addition to its Run England status, Run Peterlee is in the process of becoming a bone fide club and to that end has applied for UKA affiliation. Run Peterlee has also entered an agreement with the Tony Blair Sport Foundation which may help launch the club from small local running group to one of the main running clubs in East Durham. (Launched in the North East by the former Prime Minister, the aim of the Tony Blair Sports Foundation is to get more young people involved in sport by recruiting, training

Essential info

Please describe the group in three words...
Friendly - loyal - welcoming

What is your annual highlight?
The Peterlee 'Miler' - one mile time trial

If your group was an athlete, who would it be?
Roger Bannister, because he achieved the impossible

How many weekly training sessions do you hold?
One currently

How many members do you have?
Circa 50

Age range?
18-50

www.facebook.com/RunPeterlee

“Running with a properly managed group helps with your motivation to get out”

and placing more sports coaches and officials into grassroots sport, to create a legacy of sports participation for the region.) Run Peterlee already had three fully qualified run leaders, but the Tony Blair Sports Foundation partially funded two more Leader in Running Fitness courses. Paul Calvert and Gary Baily were trained in September. Run Peterlee's group leader, David, is now also the coach of the club since passing his Coach in Running Fitness qualification in February 2015.

Running with a properly managed group with qualified Run Leaders and coaches helps with your motivation to get out and run in all weathers when you might otherwise sit on the couch in front of the television, believes David. “You can get the benefit of many years of combined experience of the other members, it will provide you with security when running in a group and also allow you to socialise with other like-minded people who understand why you do it!”

To find and contact the group, either search for 'Run Peterlee' on Facebook or Twitter or email robduinn1@sky.com



Nominate your group by emailing rf.ed@kelsey.co.uk (making the subject 'Run England').

5 BEST RUNNING FESTIVALS

Enjoy a day or weekend of fitness and fun, and get the **WHOLE FAMILY** involved – festivals offer something for everyone



Spice up your weekend with our selection of running festivals

RUNNING ANY OF THESE EVENTS?

Share your photos and stories on our facebook page or tweet us



2



3



4



5



1 KESWICK MOUNTAIN FESTIVAL

WHEN: 14 - 17 May 2015

WHERE: Keswick, Lake District

FEATURES: Huge four-day weekend of sport and festivities in a stunning location. There's a race for everyone: running, swimming, cycling and triathlon and it's a great family holiday location. Race distances vary from 5k to a 50k ultra trail race. There's paddling, hiking, climbing, orienteering, bushcraft, not to mention camping under the stars and enjoying festival music. Children (and adults!) can try their hand at building a den, tree climbing, circus skills, making a mud pie, family yoga, story telling.... It's endless! Adult and child rates for weekends camping/non-camping are available. See website for details.

RACE INFO:

www.keswickmountainfestival.co.uk

and children's participation in sport (see website for more).

RACE INFO:

www.richmondrunningfestival.com

3 EALING HALF MARATHON

WHEN: 27 September 2015

WHERE: Ealing, West London

FEATURES: Ealing is one of the friendliest races with a great festival atmosphere and huge community spirit (it's a Community Interest Company [CIC] which benefits the community rather than private shareholders). Runners travel from all over the UK and from abroad to experience the famous #EalingFeeling, and it's a great family event with the race village in the heart of West London's Lammas Park. The Ealing Mini Mile keeps the kids happy (ages six to 16) and covers a one-mile route around Ealing's Lammas Park.

RACE INFO:

www.ealinghalfmarathon.com

2 RICHMOND RUNNING FESTIVAL

WHEN: 6 September 2015

WHERE: Richmond/Kew Gardens

FEATURES: Enjoy a family-filled day of racing, music and festivities in an exclusive location – a World Heritage Site, the Royal Botanic Gardens, Kew. Includes a half marathon, 10k, kids' mile, and junior wheelchair events for under 14s and under 17s. Celebrate afterwards in the festival beer garden or champagne tent; browse through the fitness expo and enjoy the seven-band line up throughout the day at the music festival. The Kids Fun Zone offers children's activities and even a mini petting zoo! This event is dedicated to supporting local running communities

4 WINDSOR RUNNING FESTIVAL

WHEN: 26 - 27 September 2015

WHERE: Windsor, Berkshire

FEATURES: Encompasses an iconic location, beautiful and family-friendly surroundings, great facilities for runners and their supporters, a range of entertainment and catering options in Windsor Great Park, free on-site parking and a traffic-free route with fantastic views. And where else can you relax in the grounds of The Crown Estate post-race and have a picnic with views of Windsor Castle? Kids aged 5+ can get involved by entering the Sprite Sprint where five to nine-year-olds run 40 yards. Or try the 2.5 mile Glynn

Shefford Memorial Run which is open to runners of all levels aged 10+; the popular women-only Running4Women Windsor 10K; and of course the Windsor Half Marathon, which is one of the most iconic and prestigious races in the country.

RACE INFO:

www.windsorrunningfestival.com

5 LIDL BANANAMAN DUATHLON

WHEN: 11 July 2015

WHERE: Dorney Lake, Berkshire

FEATURES: A new event with a huge family atmosphere. Coinciding with the triathlon, the Bananaman duathlon offers something for everyone, and is open to all ages/abilities (5k run, 21.2k bike, 2.5k run). There's also a scootathlon for kids aged four to eight (390m scoot, 390m bike, 250m run). All participants can enjoy a post-race barbecue. Event includes free parking and free bananas! Whether you do the triathlon, duathlon or scootathlon, the aim is to rope in your friends and family, and there are extra points for anyone who wears yellow!

RACE INFO: humanrace.co.uk/events/duathlon/bananaman-duathlon





TAKING TO THE COAST

Kitted out ready to run along trails, on sand and through **CHEST-DEEP WATER**, Emmie Collinge braved the chill for Denmark's toughest off-road marathon



Running Denmark's off-road marathon meant braving different surfaces, including sand

Reeling with indecision before setting off, my partner and I needed road shoes to keep pace with the fashionable Copenhagen-based running crew NBRO, trail shoes to complete Denmark's reputedly toughest marathon, as well as layers to see us through a winter break in this small Nordic country. While on paper this trip had seemed like a great idea, my happiness levels were glaringly low when we boarded the early flight to Copenhagen.

Since 2007, Copenhagen has featured highly in liveability studies, with great public transport, good schools and low crime. And the underlying respect for more 'vulnerable' road users became more and more apparent as the day wore on. We took to bikes, riding along the wide cycleways to our meeting with Anders Roemer, the founder of NBRO, the city's undeniably hip 'run crew'. Since creating the crew in 2010, DJ, psychologist and

dedicated athlete, Roemer has seen running's popularity grow exponentially. With Copenhagen's five lakes, innumerable parks, a central athletics stadium and the coastline to run along, participation levels have reached an astounding level, boasting the most runners per capita.

A RUNNER'S HIGH

Tapping into the lust for community amongst the potentially stifling concrete of the city, NBRO sees figures of at least 50 at each of its eight scheduled sessions per week, with triple figures not unheard of. While running crews are not dissimilar to a traditional running club, the term 'crew' implies a far less performance-based approach, eschewing the individual in favour of an enhanced sense of community, where everyone "bonds through the pain they've just gone through." With sessions entitled Bloody Monday, Midweek Madness and Tech Thursday, we were already a little



Wading through water is just part of the course

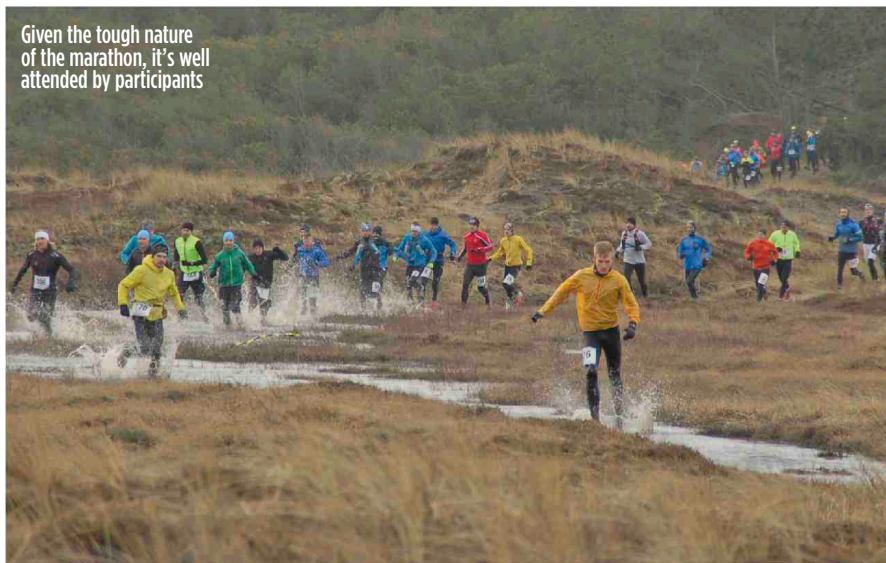
in awe, and keen to hear why membership of NBRO is so sought-after. Nanna Barbly, a long-term member of NBRO and advocate for women's running with the #VoltWomen project, explained: "The sense of community is so strong, and one of NBRO's strengths is its inclusivity and diversity. There's a beautiful force in that."

As the runners begin to gather on the closest lake to Nørrebro, the high-fiving commences – a gesture that was repeated empathetically throughout the entire session. This was taking encouragement to new levels, and definitely gave us a surge of happiness.

MIDWEEK MADNESS

Spirits are high during the session. It's a Wednesday so we're on the track for the midweek madness, 'TUT' – or throw up training as Roemer calls it. Without a coach it seems a little chaotic but no one seems to mind. Separating into groups of their

Given the tough nature of the marathon, it's well attended by participants



Klitmøller is a seaside village



The barren landscape makes a great challenge



own choosing, each conducts their own intervals to the sounds of cheers and striking church bells. As a newcomer to running, Nanna sums up the success of NBRO's speed sessions: "The idea that someone like me who never did this before can enjoy competing with myself is incredible. Interval training is so important."

Motivated by the unabashed enthusiasm, we watched the group of NBRO runners disappear off into the Copenhagen night in search of a warm shower, clean clothes and food. Stunned, we turned our thoughts to our next challenge, at the other end of this small country, where we would finally be able to put to use the rest of our running wardrobe that we had been lugging around with us.

FROM CAPITAL TO COAST

Forty-eight hours later we're almost as far from Copenhagen and NBRO as you can be. The coast, grassland, a few rolling hills, and the odd farm and church that line the road replace the slick city dwellers of Denmark's capital. We're in Klitmøller, a picturesque seaside village at the northern end of the country's first National Park. Named Thy [pronounced tee], it's a barren landscape shaped by the sea with dunes, dune heaths and lakes.

Stretching 12km inland at its widest and 55km down the coast of the Danish

province of Jutland, one of the country's most prolific ultra runners, Simon Grimstrup, saw Thy National Park as the ultimate location for a point-to-point marathon. As a sports teacher at a sport-orientated secondary school in central Denmark, he's spent years taking his students hiking through this brutal landscape. "It's the ultimate challenge," he explains, "you against the elements."

BATTLING THE ELEMENTS

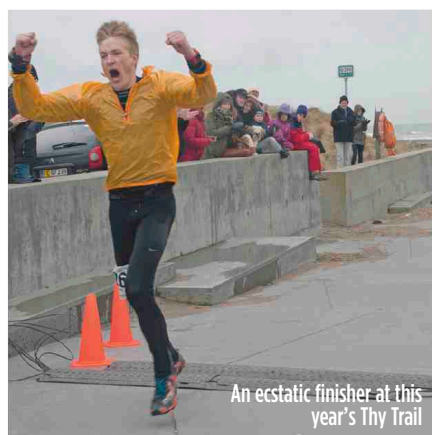
Now in its fourth year, the concept of the Thy Trail Marathon is a huge hit in the Scandinavian countries, seeing entries from Swedes and Norwegians alongside the native Danes. Given its route through the national park, numbers are limited to 700 and sold out in under 24 minutes, causing the website to crash. Boasting the tagline of 'Denmark's toughest and probably the most beautiful marathon', it is a race that is more than slightly out of the ordinary. Over the second half of the marathon, runners can expect an undulating route through dunes on narrow single tracks and gravel paths, as well as spending over half of the race on the beach. The harsh North Sea elements – wind, water, and sand – play a huge part in the challenge. Fortunately for us, the 2015 conditions were rather reticent when compared to former years – seeing runners confronted with bitterly



“Denmark’s toughest and probably the most beautiful marathon is a race out of the ordinary”



Having to focus on your footing gives this race an extra element of toughness



An ecstatic finisher at this year's Thy Trail

cold, harsh winds and vicious tides. While for us the southerly wind meant that we were propelled up the coast, the sand conditions went from energy-sapping to unbearably difficult as the race wore on.

After beginning beside the ancient lighthouse at Lodberg Fyr, we remind ourselves of the Grimstrup's warning: “the second half is much harder than the first.” Setting off at moderate pace, it only takes 500 metres until we are more than slightly alarmed. With a breathtakingly cold section of thigh-deep water disguising the uneven ground below, we try to keep the momentum going but our shrieks are much louder than those of the Danes around us.

AN EMOTIONAL ROLLER-COASTER

Once we hit the beach and see the sand blowing in wonderfully ordered lines across

it, the pools of water on our right playing host to the same symmetry, the roar of the waves to our left drowns out any more expletives.

Giving yourself the moniker ‘toughest’ is a hard thing to quantify. We have seen the growth of obstacle races and such, which boast their reputedly unparalleled toughness as a unique selling point. Focusing more on the mud, walls and sometimes electric fences to add an extra challenge, these races often only cover a short distance. Yet here we remarked as the kilometres ticked off, the Thy Trail could safely wear its name with pride. The long sections of beach, the energy-draining deep sandy sections you had to force your body through in order to leave the beach and the scream-inducing cold water certainly render this event quite spectacular. Having to focus on your footing while maintaining momentum with your numb legs and feet required a mental effort that we were not expecting. Looking around, there was no denying that this was a land where the blood of its ancestral Vikings ran, as the locals barrelled on, unfazed; their smiles reminiscent of Grimstrup's when he'd spoken of the race the previous day.

DEEP WATER

The ‘highlight’ of these aquatic obstacles – if you could call them that – was the water section. From the route description, we were led to believe that the final sand section would begin 3km from the finish.

We passed some knee-deep water and hit the beach. Looking at our watch and seeing 39km on the screen, we were satisfied, and presumed that the chest-deep water had somehow been removed from the route. When, 100 metres later, we found ourselves back in the dunes, our morale dropped. Ahead of us lay three mini lakes. We could already see that the water was up to the chest of some of the runners ahead of us. The fear of the cold was just as bad as the actual cold. But knowing that we only had another 3km to the finish we pushed on, finding our inner Vikings.

Elated, we finally arrived at the finish by the rescue house in Klitmøller. The waves and wind were picking up now so the showers, warm food, and familial atmosphere of the Danes, made us feel happy and welcome.

Often overlooked when Scandinavia is mentioned, Denmark's welcoming nature and thriving outdoors scene make it the ideal break for fans of running. From the fast, flat road races of Copenhagen, the undulating hills of central Silkeborg, came the famed six-day stage race on the island of Bornholm or their toughest race – the Thy Trail, the small country and its delectable pastries make it more than worth a visit. Whether you join the slick, city runners in Copenhagen, or embark on the ultimate battle against the elements on the wave-beaten shores of the northern coast, it is easy to appreciate why it would be hard to be unhappy here.



ROVING REPORTER

Hampton Court Palace Half... I did it!

This month's **ROVING REPORTER** tries out the Hampton Court half. They did it; would you?

WHY DO YOU RUN?

I started running as a teenager and ran on and off until I decided to do the London Marathon in 2008, which is when I got really into the training. I ran three marathons before I had my two boys in 2010 and 2012. Since having them, running has become my bit of 'me time'; I enjoy the freedom of just heading off outdoors for an hour. My sister has just recently got the running bug too and is running her first marathon this year; it has been lovely to catch up with her during a Sunday morning run.

WHAT DID YOU ENJOY MOST?

I was really excited about this as it was the first running of the event. Hampton Court Palace has long been part of my life; I visited here as a child, got married here in 2009 and even moved to live nearby about five years ago! The route was very familiar to me, starting on the main driveway, following the towpath to Kingston and then running through Home Park and the glorious Palace gardens, before heading off on

a second lap. I really enjoyed running through the race village in Home Park towards the end of the first lap; a rock choir was performing and I even got a high five from King Henry VIII! There was a great atmosphere and it felt really special to be running a half marathon through such a historic place.

WHAT WAS THE BEST BIT?

The best bit for me was the course; Hampton Court and the surrounding area is such a lovely place to run. The terrain was also quite varied; including a mixture of road, grass and trail paths and even criss-crossing the gravel in the palace gardens, which made it a bit different to other races in the area. The weather conditions were not kind to runners though as it was raining and there were really high winds, but it felt quite euphoric to be battling the elements in such wonderful surroundings.

WOULD YOU DO IT AGAIN?

Definitely – with better weather next year I might just get that PB down further!



Runner Bio

Name: Penny Goodyear
Age: 34

Occupation: Full-time mum
Running ability: Average
Event: Hampton Court Palace Half Marathon
Distance: 13.1 miles
Info: Grounds of Hampton Court Palace, Surrey
Website: www.palacehalf.com



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EVENTS PREVIEWS

Morrisons Great Newham London Run

Will this be Britain's biggest annual running event?

The 10k Morrisons Great Newham London Run takes place on Sunday 19 July and will be the first event in the newly transformed Olympic Stadium at Queen Elizabeth Olympic Park. There will also be a 2k family run open to runners of all abilities aged five years and upwards.

A new element to the 2015 Great Run Series is the Morrisons Great Marathon Team Relay event. Each person in a team of four will complete a 10.54k distance, passing a special sash at the end of each section to their team as they cross the finish-line in the Stadium. The team's combined distance will be equal to a marathon.

The Great North Run is currently the biggest annual running event in Britain with 57,000 participants (the London Marathon and Great Manchester Run have approximately 40,000 runners) taking part. It is hoped that the London Great Run will build to 60,000 people taking part every year within five years. Over 200,000 people currently take



Morrison Great Newham London Run

Location: Queen Elizabeth Olympic Park

Date: 19 July

Race info and online registration:
www.greatrun.org

part in Great Run events annually.

The London Borough of Newham has invested £45 million in the former Olympic Stadium and South Park, and in 2017, the Stadium will host the IPC World Championships and IAAF World Athletics Championships.

European 10,000m champion Jo Pavey is a long-time supporter of the Great Run Series and attended the event launch in March. "I will never forget running in the former Olympic Stadium at London 2012," she told press, "and now everyone has the chance to experience this at the Morrisons Great Newham London Run, which I think is fantastic. The 10k distance is achievable for most people and, as a mum, I think the 'family run' is a great way to get kids active at a fun and healthy day out for the all family. I want to encourage everyone to sign up and get running."

To sign up for the Morrisons Great Newham London Run visit www.greatrun.org



SEA 2 SKY

Run a multi-terrain 10k in Northern Ireland

Location: Newcastle, County Durham

Date: 18 July

Price: £18 (or £16 early bird until 18 June)

The third annual Sea 2 Sky 10k takes place on 18 July in Newcastle, County Durham, starting at 7.30pm (6.30pm for walkers).

The signposted and marshalled route begins on the beach promenade, then heads up through the foothills of the Mourne Mountains on trails that climb gradually to the 5k mark and a vantage point for stunning views, before starting the descent.

There is individual chip timing for runners and all finishers will receive a medal. Entry fee includes light BBQ-style refreshments at O'Hares Lounge Bars, opposite the finish.

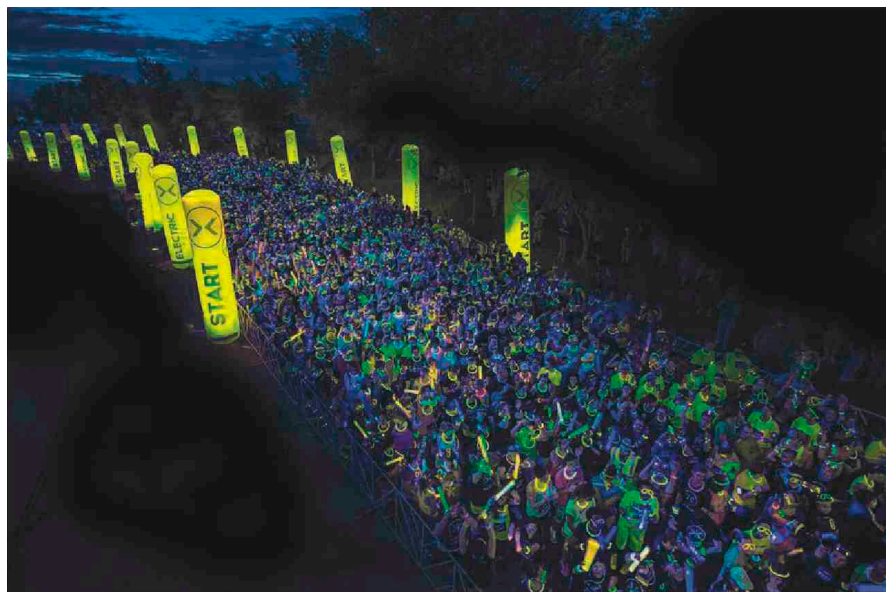
Online registration opens soon. Visit www.born2runevents.com for details of this, and other upcoming multi-terrain half marathons and 10ks held in areas of outstanding natural beauty in Northern Ireland.

www.born2runevents.com



**RUNNING
ANY OF THESE
EVENTS?**

Share your photos and stories on our facebook page or tweet us



ELECTRIC RUN

Run at the World's brightest 5k

Location: Wembley Park

Date: 2 May

Price: Individual £40.50, team of four or more £36 per person

The Electric Run, which takes place at Wembley Park, is a night-time 5k run/walk experience where participants move through six 'lands of light' – huge installations that flash along with Kiss FM DJs who play all around the course. It's a cross between a 5k run and a party!

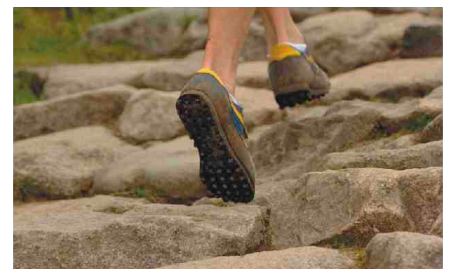
Each event is unique, with features such as colour-changing neon trees, tunnels of light created by a rainbow of lasers, and glowing

arches and columns. Watch out for celebrities Jo Whiley (BBC Radio DJ/presenter), Heidi Range (Sugababes), and Gemma Atkinson (*Hollyoaks/Emmerdale*) who will also be partaking in the fun.

Participants will receive high quality event shirts custom designed by NEFF, LED bracelet, glow necklace and glow sunglasses.

Doors open from 7pm and runners will set off in waves until 9.30pm, depending on your start-time chosen at registration. You can enter as an individual (£40.50), or as a team of four or more (£36 per person).

www.electricrun.co.uk



BEN NEVIS TRIATHLON RUN

Are you ready to take on Ben Nevis?

Location: Fort William

Date: 3 October

Price: Run only £70 (see website for full list)

This year's Ben Nevis Triathlon features a run-only option, which will see runners tackle a 13-mile hill run to the summit of Ben Nevis and back, taking on the rough terrain and beauty of Fort William.

Classed as one of the UK's toughest triathlons, the full challenge comprises a 1.2-mile sea loch swim, a 56-mile road cycle, and a 13-mile hill run to the summit of Ben Nevis and back. There is also the option of a ½ distance triathlon, duathlon (cycle and run) and a ½ distance duathlon.

Tickets for the after event party, including a hot buffet and live entertainment, cost £35.00.

By signing up for the event you will also receive a free six issue subscription to either *Triathlon Plus*, *Outdoor Fitness* or *Running Fitness*.

<http://bennevisbraveheart.co.uk/>



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EVENTS LOCATOR

Inspired to take part in a race? Our **EVENTS LISTING** guide has some of the best races coming up

EVENTS CHANGES!

In order to make these listings as current as possible, we now only list events taking place within the six months following the on-sale date of each issue. Events are listed via region. If you'd like to search for events further ahead, please go to www.run247.com. As always, it's advisable to check race details with organisers nearer the date.

*The editor reserves the right to edit listings, and cannot be held responsible for errors.

MAY 2015 EAST MIDLANDS

Type: Road
02 May 2015
NO WALK IN THE PARK
Venue: Queen's Park Cricket Pavilion, Chesterfield, S40 2ND
Price: £3, £5 On the day only
Contact: John Cannon
01246 566458
j.cannon846@btinternet.com
<http://northderbyshirerc.jimdo.com>
Distance: 10km

SCOTLAND

Type: Road
02 May 2015
ROAD TO THE ISLES HALF MARATHON
Venue: Beasdale, PH31 4NR
Price: £15 pre race £17 on the day
Contact: Sarah Boyce Mallaig and District Swimming Pool, Fank Brae Mallaig Inverness-shire PH41 4 RG
01687 462229
mallaig@btconnect.com
www.mallaigswimmingpool.co.uk
Distance: 13.1miles

SOUTH EAST

Type: Multi-terrain
02 May 2015
HURSTBOURNE 5 MULTI-TERRAIN RACE
Venue: George V Playing Fields, SP110AX
Price: EA affiliated £10; non-affiliated £12; £2 extra on the day
Contact: Hurstbourne 5, Hurstbourne 5 co The Old Saddlery, Church Street, Hurstbourne, Tarrant, Hampshire SP110AX
hurstbourne5@yahoo.com
<http://www.hbt.org.uk/Hbt5Race.htm>
Distance: 5miles

SOUTH EAST

Type: Multi-terrain
02 May 2015
ISLE OF WIGHT CHALLENGE
Venue: Isle of Wight, PO31 8AZ
Price: £49 for Full Island (~105k), £39 for Half Island (~55k), £29 for Quarter Island (~30k)
Contact: Action Challenge
0207 609 6695
info@isleofwightchallenge.com
www.isleofwightchallenge.com
Distance: 100km

SOUTH WEST

Type: Multi-terrain
02 May 2015
AVON VALLEY RAILWAY 104K
Venue: Avon Valley Railway (Bitton Station) BS30 6HD
Price: £9.50 - £7.50 - £5.50
Contact: Aspire Running Events Ltd
donna@aspirerunningevents.co.uk
www.aspirerunningevents.co.uk
Distance: 10km

SOUTH WEST

Type: multi terrain
02 May 2015

AVON VALLEY RAILWAY 4K

Venue: Avon Valley Railway (Bitton Station) BS30 6HD
Price: £5.50
Contact: Aspire Running Events Ltd
donna@aspirerunningevents.co.uk
www.aspirerunningevents.co.uk
Distance: 4km

SOUTH WEST

Type: Trail
02 May 2015
THE PONY EXPRESS 2015
Venue: Brockenhurst, New Forest, Hants
Price: £120 - £135
Contact: B Thubron
info@xnrg.co.uk
<http://www.xnrg.co.uk/events/details/pony-express-2015.aspx>
Distance: 60miles

WALES

Type: multi terrain
02 May 2015
CTS PEMBROKESHIRE 10K, HALF MARATHON, MARATHON, ULTRA
Venue: Little Haven
Price: £30-£60
Contact: Freya
01548 312314
support@endurancelife.com
www.endurancelife.com

YORKSHIRE AND HUMBERSIDE

Type: Multi-terrain
02 May 2015
KIRKLEES 10 CHALLENGE
Venue: Cathedral House, HD1 3LG
Price: £12
Contact: Myk Simmons
01484 514 088
10k@huddersfieldchristianfellowship.com

www.huddersfieldchristianfellowship.com/kirklees10kchallenge
Distance: 10km

NORTH EAST

Type: Road
03 May 2015
SUNDERLAND CITY 10K
Venue: Sunderland SR5 1SU
Price: £23-£25
Contact: Events of the North, Events of the North, Kiln Rigg Wall Hexham, Northumberland NE46 4EQ
01434 689 040
info@sunderlandcity10k.com
www.sunderlandcity10k.com+0287
Distance: 10km

NORTH EAST

Type: Road
03 May 2015
SUNDERLAND CITY HALF MARATHON
Contact: Events of the North
Price: £32-£34
Contact: Events of the North, Events of the North, Kiln Rigg Wall Hexham, Northumberland NE46 4EQ
01434 689 040
info@sunderlandcity10k.com
www.sunderlandcity10k.com
Distance: 13.1miles

NORTH WEST

Type: Road
03 May 2015
LIVERPOOL SPRING 10K
Venue: Sefton Park, L17 1AP
Price: £20
Contact: Matthew Davies
matthew@merseyraces.co.uk
www.merswyraces.co.uk
Distance: 10km

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twitter: @TheISEH

170 Tottenham Court Road, London W1T 7HA

SALISBURY 5-4-3-2-1

Trail/MT Marathon also 21k/33k/50k

SUNDAY 9TH AUGUST 2015

EA Athletics Licence Applied for

Chrono-Track Chip Timing 42k Run Starts 10:00

50k/09:30 33k/10:30 21k/11:00

ENTRY FEES

Runners £20 (£18 Club)
Walkers £8
NO Late Entry
in 2015

From Fire Station Salisbury Wiltshire SP2 7TN
On-Line @ www.salisbury54321.com

Event Director Salisbury Fire Station Ashley Road Salisbury Wiltshire SP2 7TN
Medal or Badge to all finishers 01722 332211 ludomacaulay@hotmail.com

SOUTH EAST

Type: Road

03 May 2015

RUN FRIMLEY 10K ROAD RACE

Venue: Frimley Park Hospital, GU16 7UJ

Price: £18

Contact: Frimley Park Hospital Charity

+44 1276 604642

theteam@fphcharity.org

www.fphcharity.org.uk

Distance: 10km

SOUTH EAST

Type: multi terrain

03 May 2015

YMCA EAST SURREY FUN RUN - 1 MILE

Venue: Priory Park, Reigate RH2 7RL

Contact: Kim Roderick, YMCA East Surrey Sports and Community Centre, Princes Road Redhill, Surrey RH1 6JJ

01737 779979

Kim.roderick@ymcaeast Surrey.org.uk

www.ymcaeast Surrey.org.uk

Distance: 1mile

SOUTH EAST

Type: multi terrain

03 May 2015

YMCA EAST SURREY FUN RUN - 5 MILES

Venue: Priory Park, Reigate RH2 7RL

Contact: Kim Roderick, YMCA East Surrey Sports and Community Centre, Princes Road Redhill, Surrey RH1 6JJ

01737 779979

Kim.roderick@ymcaeast Surrey.org.uk

www.ymcaeast Surrey.org.uk

Distance: 5miles

SOUTH WEST

Type: Road

03 May 2015

AVALON CITROEN ROUND THE TOR 10K

Venue: Glastonbury

Price: £15 (£12 Affiliated)

Contact: Ian Humphreys, Glastonbury Road Run, 6 Nettle Combe View, South Horrington Village Wells Somerset BA5 3QF

RaceDirector@GlastonburyRoadRun.info

www.GlastonburyRoadRun.info

Distance: 10km

WALES

Type: Road

03 May 2015

NEWTOWN 10K AND FUN RUN

Venue: Newtown FC, Latham Park, Newtown SY16 1EN

Price: £6 (£8 ua); £2 Fun Run

Contact: Maldwyn Harriers

Entries are usually on the day. Enquire at enquiries@maldwynharriers.org.uk To pre-enter

0781 6772 617

enquiries@maldwynharriers.org.uk

http://www.maldwynharriers.org.uk

ukraces10k2015.pdf

Distance: 10km

WEST MIDLANDS

Type: Road

03 May 2015

MORRISONS GREAT BIRMINGHAM 10K

Venue: Birmingham, B4

Price: £25

Contact: Nova International

info@greatrun.org

www.greatrun.org

Distance: 10km

CANADA

Type: Road

03 May 2015

GOODLIFE FITNESS TORONTO MARATHON

Venue: Toronto, Ontario, Canada

Price: \$50-\$105

Contact: Running First Ltd.

1-416-920-3466

info@torontomarathon.com

http://www.torontomarathon.com

Distance: 42.2km International

CZECH REPUBLIC

Type: Road

03 May 2015

VOLKSWAGEN PRAGUE MARATHON

Venue: Old Town Square, Prague

Contact: Prague International Marathon

info@runcech.com

http://www.runcech.com

Distance: 42.2km

SOUTH EAST

Type: Road

04 May 2015

MILTON KEYNES MARATHON

Venue: Stadium:MK

MK1 1ST

Price: From £40

Contact: http://mkmarathon.com

Distance: 26.2miles

SOUTH EAST

Type: Road

04 May 2015

MKM HALF MARATHON

Venue: Stadium:MK

Price: From £24

Contact: http://mkmarathon.com

Distance: 13.1miles

WEST MIDLANDS

Type: Road

06 May 2015

DUDLEY KINGSWINFORM 10K

Venue: Dudley and Kingswinford Rugby Club DY6 0AW

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T 01727 819327 E stalbanshalf@1life.co.uk

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Price: £13, £15

Contact: Mr G Bonner
35 Elgar Crescent Pensnett Brierley Hill Dudley
West Midlands DY5 4JJ
gary.bonner@tiscali.co.uk
www.dkrunningclub.co.uk
Distance: 10km

EASTERN

Type: Multi-terrain
09 May 2015
BIRCHANGER 10K
Venue: Birchanger
CM23 5QL
Price: £10 online, £12 on the day
Contact: Julia Kay, Birchanger C of E Primary
School Birchwood Birchanger Herts CM23 5QL
07769 882 670
julia455@btinternet.com
<http://www.birchanger.essex.sch.uk/birchanger-10k>
Distance: 10km

LONDON

Type: Road
09 May 2015
THE ALL NATIONS 10K RUN 2015
Venue: Dorney Lake, Windsor
SL4 6QP
Contact: The Fix Events
The Fix UK Suite 2, 31 Ashley Road Epsom
Surrey KT18 5BD

020 8144 0797
info@thefixuk.com
<http://thefixevents.comthe-all-nations-5k-and-10k-run-2015>
Distance: 10km

LONDON

Type: Road
09 May 2015
THE ALL NATIONS 5K RUN 2015
Venue: Dorney Lake, Windsor
SL4 6QP
Price: £16
Contact: The Fix Events
The Fix UK Suite 2, 31 Ashley Road Epsom
Surrey KT18 5BD
020 8144 0797
info@thefixuk.com
<http://thefixevents.comthe-all-nations-5k-and-10k-run-2015>
Distance: 5km

LONDON

Type: Road
09 May 2015
THE LONDON SPRING 10K
Venue: Regents Park
NW1 4RU
Price: £20.00 attached £22.00 unattached £25 on the day
Contact: Nice Work, Teviot, Malthouse Lane,
Peasmarsh, East Sussex TN31 6TA

01797 230009
info@nice-work.org.uk
<http://www.nice-work.org.uk/events.php?id=117>
Distance: 10km

SOUTH EAST

Type: Multi-terrain
09 May 2015
RAT RACE DIRTY WEEKEND
Venue: Burghley House, PE9 3JY
Price: £145
Contact: Rat Race
events@ratrace.com
<http://www.ratracedirtyweekend.com>
Distance: 20miles

EASTERN

Type: Road
10 May 2015
COLCHESTER 10K
Venue: Colchester Garrison Athletics Track
CO2 7SZ
Price: £16.50 Affiliated £18.50 Unaffiliated
Contact: John Bennett
07768 705888
colchestercharityraces@gmail.com
<http://Colchester10k.com>
Distance: 10km

EASTERN

Type: Road

10 May 2015

HALSTEAD AND ESSEX MARATHON
Venue: Halstead Leisure Centre
Price: £32 non affiliated and £30 affiliated
Contact: Halstead Road Runners
keiththorogood@btinternet.com
HalsteadRoadrunners.org.uk
Distance: 26.2miles

EASTERN

Type: Road
10 May 2015
SAWSTON FUN RUN
Venue: Sawston Village College, CB22 3BP
Price: £10 adults; children £5
Contact: Tony Collett - marketing officer
Sawston Village College New Rd Sawston
Cambridge Cambs CB22 3BP
01223 893447
t.collett@virgin.net
www.sawstonfunrun.co.uk
Distance: 4.6miles

LONDON

Type: Road
10 May 2015
SUTTON RUNNERS 10K
Venue: Nonsuch Park, SM3 8AL
Price: £14-£16
Contact: Sutton Runners
07932 144793
sutton10k@suttonrunners.org



Reggae Marathon
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Saturday, 5 December 2015
NEGRIL·JAMAICA

E racedirector@reggaemarathon.com T 876.967.4903

reggaemarathon.com



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Trail/MT Marathon also 21k/33k/50k

SUNDAY 9TH AUGUST 2015

EA Athletics Licence Applied for

Chrono-Track Chip Timing 42k Run Starts 10:00

50k/09:30 33k/10:30 21k/11:00

ENTRY FEES

Runners £20 (£18 Club)
Walkers £8
NO Late Entry
in 2015

From Fire Station Salisbury Wiltshire SP2 7TN

On-Line @ www.salisbury54321.com

Event Director Salisbury Fire Station Ashley Road Salisbury Wiltshire SP2 7TN
Medal or Badge to all finishers 01722 332211 ldumacaulay@hotmail.com

www.suttonrunners.org
Distance: 10km

LONDON

Type: Road

10 May 2015

VITALITY RUN HACKNEY 2015

Venue: Hackney, E9 5PF

Price: £42, £44

Contact: Achieve Events UK (Ltd) trading as G02 Events

0845 304 5443

info@go2events.org.uk

<http://runhackney.com>

Distance: 13.1miles

NORTH WEST

Type: Road

10 May 2015

MORRISONS GREAT MANCHESTER RUN

Venue: Manchester, M1

Price: £38

Contact: Nova International

info@greatrun.org

www.greatrun.org

Distance: 10km

SOUTH EAST

Type: Road

10 May 2015

10TH ANNIVERSARY HASTINGS RUNNERS 5 MILE

Venue: Hastings Town Hall, Hastings Town Centre TN34 1QR

Price: £11 attached, £13 unattached, £15 on race day. £6 for Juniors (15 and 16 years old)

Contact: Tony Demarco

07742 716882

anthonyademarco@gmail.com

www.hastingsrunners.org.uk

Distance: 5miles

SOUTH EAST

Type: Road

10 May 2015

ALTON TEN

Venue: Eggars School, GU34 4EQ

Price: £14 attached £16 unattached +£2 on the day

Contact: Alton Runners

01420 542683

philip63crase@gmail.com

www.altonrunners.co.uk

Distance: 10miles

SOUTH EAST

Type: Road

10 May 2015

STARFISH MARATHON AND RACES (BEXHILL)

Venue: Bexhill Rowing Club TN40 1JT

Contact: Emma Bourne, St Mary's Special School and 6th Form College Wrestwood Road Bexhill East Sussex TN40 2LU

01424 739018

ebourne@stmarysbexhill.org

<http://starfishraces.moonfruit.com>

Distance: 26.2miles

SOUTH WEST

Type: Road

10 May 2015

BATH TWO TUNNELS 10KM SERIES (DATE 2 OF 4)

Venue: Brickfields Park, BA2 1BJ

Price: £14, £16

Contact: Tom Room

6 Hampton View Bath North East Somerset BA1 6JL

tom@relishrunningraces.com

<http://www.relishrunningraces.com/bath-two-tunnels-railway-running-races.php>

Distance: 10km

SOUTH WEST

Type: Road

10 May 2015

BATH TWO TUNNELS HALF MARATHON (DATE 1 OF 4)

Venue: Brickfields Park

BA2 1BJ

Price: £26, £28

Contact: Tom Room, 6 Hampton View Bath North East Somerset BA1 6JL

tom@relishrunningraces.com

<http://www.relishrunningraces.com/bath-two-tunnels-railway-running-races.php>

Distance: 21.1km

SOUTH WEST

Type: Multi-terrain

10 May 2015

BEER BLAZER

Venue: BEER DEVON EX12 3NA

Price: 10k £8 attached £10 unattached Both £2 extra on the day. 5k Adults £5 11-16yrs £3.

Contact: KATHERINE REED 48 PARK Road BEER SEATON DEVON EX12 3HL

07896 230469

katherineinbeer@gmail.com

<http://www.beer-ce-primary.devon.sch.uk>

Distance: 10km

SOUTH WEST

Type: Road

10 May 2015

TROWBRIDGE SUPER HERO 5K

Venue: Trowbridge Park, BA14 0AT

Price: £8, £10

Contact: Stampede Sports

stampedesports@yahoo.co.uk

www.stampedesports.co.uk

Distance: 5km

WEST MIDLANDS

Type: Road

10 May 2015

LEUKAEMIA AND LYMPHOMA RESEARCH BROMSGROVE FUN RUN

Venue: Bromsgrove Rugby Club Finstall Park B60 3DH

Price: £12.50 or £15.00 on the day

Contact: Nicole harris

71 Redditch Road stoke heath

Bromsgrove

Worcestershire

b60 4JP

01527 878493

nicnoelharris@aol.com

www.llrbromsgrove.org.uk

Distance: 10miles

WEST MIDLANDS

Type: Multi-terrain

10 May 2015

ROYAL MAIL FUN RUN BIRMINGHAM 5K AND 10K

Venue: Sutton Park, Birmingham, B73 6LH

Price: £5 - 5k; £10 - 10k; U16 and over 65 - free

Contact: David Krangel, The Fix UK Suite 2, 31 Ashley Road Epsom Surrey KT18 5BD

020 8144 0797

info@thefixevents.com

<http://www.royalmailfunruns.com/content/coming-together-cause>

Distance: 5km

YORKSHIRE AND HUMBERSIDE

Type: Road

10 May 2015

LEEDS HALF MARATHON

Venue: Leeds City Centre

Price: £28

Contact: 0113 8267761

info@runforall.com

www.runforall.com

Distance: 13.1miles

YORKSHIRE AND HUMBERSIDE

Type: Trail

10 May 2015

RAVENSCAR 10K

Venue: Ravenscar village Hall, Ravenscar

YO13 0LZ

Price: £10

Contact: Scarborough and Ryedale Mountain Rescue Team

swalesdavid@hotmail.com

<http://www.srmrt.org.uk/challenge-walks/ravenscar-coastal-half-marathon>

Distance: 10km

YORKSHIRE AND HUMBERSIDE

Type: Trail

10 May 2015

RAVENSCAR COASTAL HALF MARATHON

Venue: Ravenscar village Hall, Ravenscar

YO13 0LZ

Price: £10

Contact: Scarborough and Ryedale Mountain Rescue Team

swalesdavid@hotmail.com

www.srmrt.org.uk/challenge-walks/ravenscar-coastal-half-marathon
Distance: 13.1miles International

GERMANY

Type: Road

10 May 2015

BIG 25 BERLIN 2015

Venue: Olympiastadion Berlin (finish) 14053

Golazo Sports GmbH

Maxdorfer Steig 7 Berlin

10317

Contact: 0049 30 24 31 99 77

info@berlin-laeuft.de

<http://www.berlin-laeuft.de/BIG-25-Berlin-Teilnehmerinformation.html>

Distance: 10km International

MACEDONIA

Type: Road

10 May 2015

WIZZ AIR SKOPJE MARATHON

Venue: Skopje, Macedonia

Price: 18 EUR

Contact: Skopje Macedonia

info@skopskimaraton.com.mk

www.skopjemarathon.com

Distance: 42.195km International

USA

Type: Multi-terrain

10 May 2015

ZOMBIE RACE: LONG ISLAND 5K AND 15K MUD RUN

Venue: DPH 4-H Camp

Contact: Zombie Race

www.zombierace.co

Distance: 3.1miles

NORTH WEST

Type: Road

13 May 2015

HAIGH HALL 4 MILE SERIES

Venue: HAIGH HALL, SCHOOL LANE, HAIGH

WN2 1PE

Price: £5 (£7 UNATTACHED)

Contact: Wigan Phoenix

Paul Carroll, 21 Pilgrims Way, Standish, Wigan

WN6 0AJ



ENSURE A GOOD RACE WITH BOREHAMWOOD ATHLETIC CLUB

10K RACE AND FUN RUN SUNDAY 7TH JUNE 2015

10K 10:00am Start Run Under UKA Rules

FUN RUN

■ 11:15am Start ■ Approximately 3 Miles ■ Minimum age 7
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HERTSWOOD CENTRE, POTTERS LANE, BOREHAMWOOD, HERTS

Postal Entries close 28th May 2015.

For more details please contact: Pauline Poole on: (020) 8207 2852
2 Maple Court, Drayton Road, Borehamwood, Herts, WD6 2BZ

Running Fitness

07950 074173
PAUL.CARROLL@WIGANPHOENIX.ORG.UK
WWW.WIGANPHOENIX.ORG.UK
Distance: 4miles

EAST MIDLANDS

Type: Road
14 May 2015
THE 4TH LEICESTER CITY SUMMER 5K SERIES
Venue: Victoria Park LE2 1ND
Price: £8.00 attached £10.00 unattached
£2.00 extra on the day
Contact: Nice Work
Teviot, Malthouse Lane, Peasmars, East Sussex
TN31 6TA
01797 230009
info@nice-work.org.uk
http://www.nice-work.org.uk/events.php?id=72
Distance: 5km

SOUTH EAST

Type: Trail
14 May 2015
DINTON PASTURES 10KM SUMMER SERIES
Venue: Dinton Pastures Country Park
RG10 0TH
Price: £11 +
Contact: Ellie Barnes
0118 988 2444
ellie@barnesfitness.co.uk
http://www.barnesfitness.co.uk/event/dinton-5km10km-summer-series
Distance: 10km

SOUTH EAST

Type: Trail
14 May 2015
DINTON PASTURES 5KM SUMMER SERIES
Venue: Dinton Pastures Country Park RG10 0TH
Price: From £11
Contact: Ellie Barnes
0118 988 2444
ellie@barnesfitness.co.uk
http://www.barnesfitness.co.uk/event/dinton-5km10km-summer-

series
Distance: 5km

SOUTH WEST

Type: Trail
14 May 2015
ADIDAS 10K
Venue: Mallards Pike GL15 4HD
Price: £15
Contact: TriMax Events
07779 405574
trimaxevents@hotmail.co.uk
www.trimaxevents.com
Distance: 10km

WALES

Type: Multi-terrain
14 May 2015
THE CARDIFF 5K CORPORATE RUN CHALLENGE 2015
Venue: Bute Park, Cardiff CF10 3DX
Price: £16
Contact: The Fix Events The Fix UK Suite 2, 31
Ashley Road Epsom Surrey KT18 5BD
020 8144 0797
info@thefixevents.com
http://www.corporaterunchallenge.com/events/the-cardiff-5k-corporate-run-challenge
Distance: 5km

EASTERN

Type: Multi-terrain
16 May 2015
BATTLE OF THE BOROUGH 5K RUN 2015
Venue: Greenwich Park SE10 8QY
Price: £16
Contact: The Fix Events The Fix UK Suite 2, 31
Ashley Road Epsom Surrey KT18 5BD
020 8144 0797
info@thefixuk.com
http://thefixevents.com/battle-of-the-boroughs-5k-and-10k-run-2015
Distance: 5km

EASTERN

Type: Cross-country

16 May 2015

NUCLEAR OBLIVION

Venue: The Kelvedon Hatch Secret Nuclear
Bunker CM15 0LA
Price: £90
Contact: Damian Williams
07824 666722
damian@nuclear-races.co.uk
http://www.chiptiminguk.co.uk/pseventNuclearRushOnslaughtCollection
Distance: 26miles

EASTERN

Type: Cross-country
16 May 2015
NUCLEAR ONSLAUGHT
Venue: The Kelvedon Hatch Secret Nuclear
Bunker CM15 0LA
Price: £59, £69
Contact: Damian Williams
07824 666722
damian@nuclear-races.co.uk
http://www.nuclear-races.co.uk/index.php/events/nuclear-rush
Distance: 6km

EASTERN

Type: Cross-country
16 May 2015
NUCLEAR RUSH
Venue: The Kelvedon Hatch Secret Nuclear
Bunker CM15 0LA
Price: £59
Contact: Damian Williams
07824 666722
damian@nuclear-races.co.uk
www.nuclear-races.co.uk
Distance: 12km

EASTERN

Cross-country
16 May 2015
NUCLEAR RUSH 6KM
Venue: The Kelvedon Hatch Secret Nuclear
Bunker CM15 0LA
Price: £49
Contact: Damian Williams

07824 666722

damian@nuclear-races.co.uk
www.nuclear-races.co.uk
Distance: 6km

LONDON

Type: Multi-terrain
16 May 2015
BATTLE OF THE BOROUGH 10K RUN 2015
Venue: Greenwich Park
SE10 8QY
Price: £20
Contact: The Fix Events The Fix UK Suite 2, 31
Ashley Road Epsom Surrey KT18 5BD
020 8144 0797
info@thefixuk.com
http://thefixevents.com/battle-of-the-boroughs-5k-and-10k-run-2015
Distance: 10km

LONDON

Type: Road
16 May 2015
SOUTHWARK PARK 10K + FUN RUN
Venue: Southwark Park Gomm Road
SE16 2EH
Price: £18 Affiliated £16 Fun Run £5
Contact: Andrea Magold
25 Edgebury Chislehurst Kent UK
BR7 6JL
07426 946927
info@pbraceevents.co.uk
www.pbraceevents.co.uk
Distance: 10km

SOUTH EAST

Type: Multi-terrain
16 May 2015
24 HOUR CHALLENGE
Venue: Brook Farm
CT6 6SY
Price: £70
Contact: Mike Inkster, 65 St Augustines Road
Canterbury Kent CT1 1XR
07931 564476
contact@challengehub.co.uk
www.challengehub.co.uk

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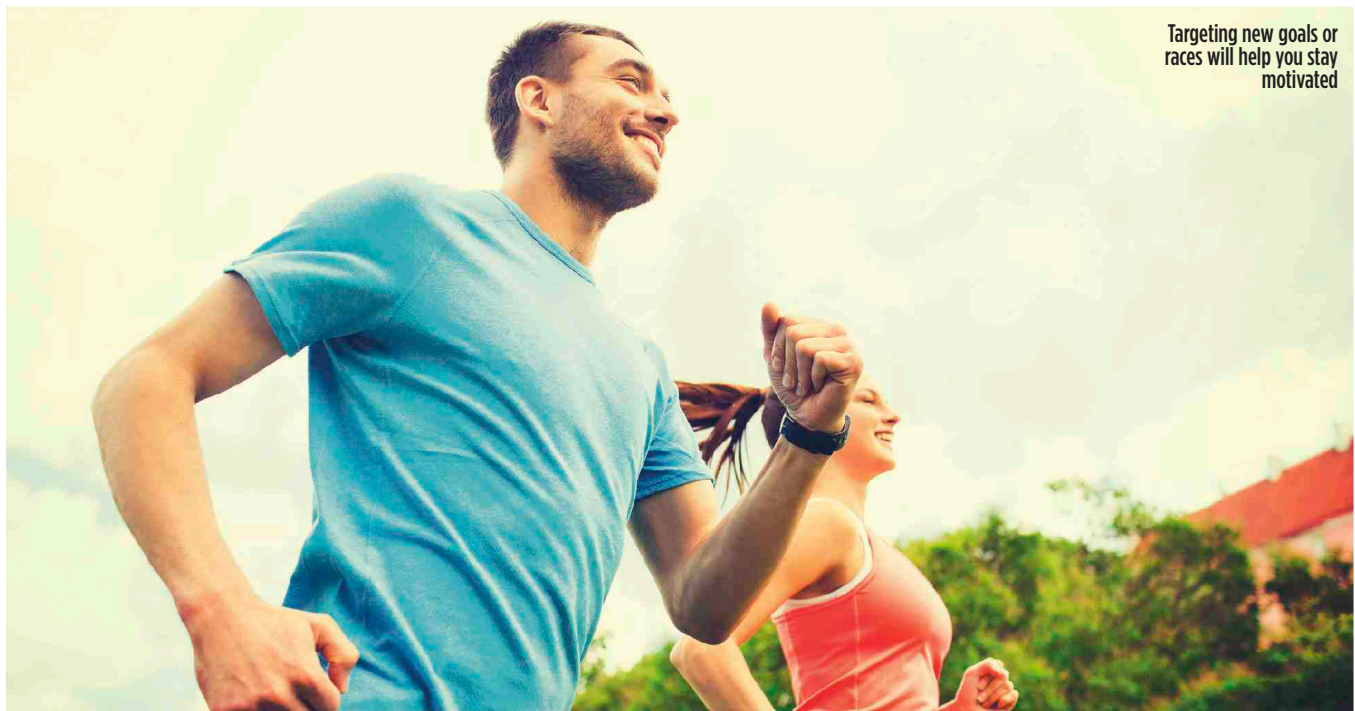




JOHN BREWER

FINAL THOUGHTS

Could you imagine yourself not running? John reflects on why we are lucky to **KEEP RUNNING**



Targeting new goals or races will help you stay motivated

Like any runner when I get to the end of a race, I am usually pretty glad that it is over, with my level of post-race satisfaction determined by my time, position or both. But at some point we all have to face up to the fact that we won't just be coming to the end of a race – instead will come to the end of our running careers – no more training, no more racing and no more blisters. For many this will be a voluntary decision, brought on for reasons such as illness, or because the desire to get out of the house and run is no longer powerful enough.

Personally, I find it very hard to imagine life without running, and the thought of ending a run knowing that I will never run again is hard to contemplate. Without running, I would certainly lose fitness, I would lose the self-esteem and self confidence that running undoubtedly brings, and I would lose a major part of my life that has been there for over 40 years. I suppose I could try to replace it with something else, but I suspect that the enjoyment would not be the same. This of

course is despite the fact that, like most runners, I moan about various aches, pains and injuries, and often find it hard to get motivated; whether first thing in the morning or last thing at night after work.

CONSIDER THE ALTERNATIVES

When times are tough, and running seems hard to contemplate, I think it is important to remember just how lucky we runners are to be able to take part in our sport. After all, our bodies are designed to run, and have had to do so in the past in order to catch food, or to avoid being the food of a predator. Yet today, only a small proportion of the population are regular runners, despite the well documented health and social benefits that the sport brings. So whilst at times the thought of giving up and joining the ranks of non-runners can seem to be attractive, it is important to consider the alternatives. Triathlons and duathlons provide an increasingly popular means of combining running with other activities, whilst cycling and swimming continue to grow in popularity. Doing nothing, losing

fitness, probably putting on weight, and leading a sedentary lifestyle doesn't really appear that attractive, despite being a lifestyle far too many people choose.

Staying motivated to continue running is crucial. We all get older, and inevitably the ageing process means that times set a few years ago become harder to attain, which can in itself be very de-motivating. Setting realistic goals and targets is therefore essential, as is entering new races or challenges where the distance, environment or terrain may differ from anything that you are used to.

So next time I find myself wishing for a run to an end, whether it's a hard race or a long training run, I will remind myself that ending my running career altogether, as a result of a deliberate decision on my behalf, is not an option. I fully intend to keep running for as long as I can since I know the lifestyle benefits that this will bring, and having thought about the possible alternatives, even the darkest, coldest and wettest of training runs starts to seem just a little bit more attractive.



John Brewer is a Professor of Applied Sport Science at St Mary's University, Twickenham. He was previously director of communications for Lucozade Sport and before that director of the Lillleshall Sports Injury and Human Performance Centre **Follow John on Twitter @sportprofbrewer**

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